

MOOSE JAW

HOSPITAL

COOK BOOK

1905



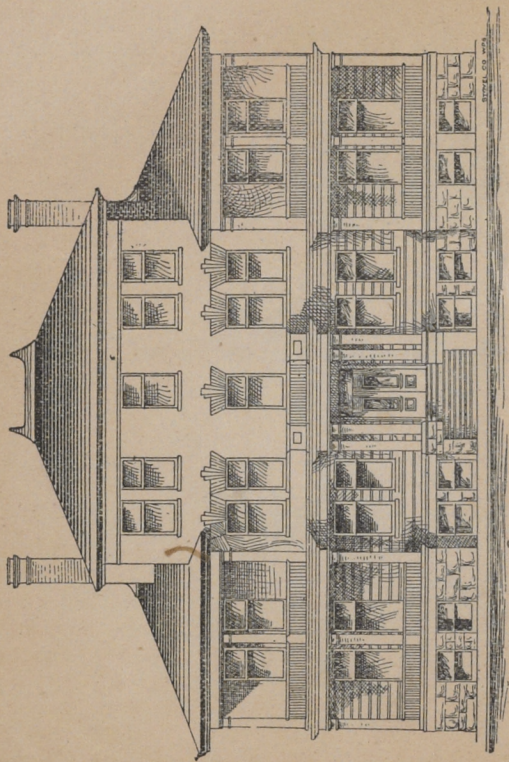


# *Hospital : : Cook Book*

*Compiled by  
The Daughters of the Empire*



*Moose Jaw, Sask.:  
The Leader-Times Company Limited  
1905*



THE MOOSE JAW HOSPITAL.

## PREFACE.

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In presenting this Cook Book to the public the Daughters of the Empire appeal to the generosity of a heretofore liberal people. The desire to realize a good and sufficient sum of money whereby we may be able to purchase the many comforts necessary to aid the sick and suffering while they are patients in our Hospital, compelled us to devise ways and means to procure this money.

The scheme of a Cook Book is not a new one. Many other towns have adopted this way, and have been successful ; and our hope is that we may also have a measure of the same success.

In compiling this book the Daughters of the Empire have been most careful to put before the public only those recipes which our housekeepers have tested. The fault of a great many Cook Books is, the unnecessary extravagance of material, the recipes being more adapted to the purse of the millionaire than to that of the ordinary housekeeper. In this book our aim is to enable the housekeeper to place on her board well-cooked, dainty and wholesome food, thus making her family healthy and happy at a moderate cost.



To the ladies who have contributed recipes, to the business men who have given us advertisements (thereby materially assisting us in our work), and to all who may purchase copies we tender our grateful thanks.

The advertisements form a valuable feature of the work, as they present to the reader only reliable business houses.

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## SOUPS.

*"The turnpike road to people's hearts, I find,  
Lies through their mouth, or I mistake mankind."*

OX TAIL SOUP—1 ox tail,  $\frac{1}{4}$  lb. of dripping,  $\frac{1}{4}$  lb. flour, 3 onions, 1 carrot, 1 turnip, 3 qts. water, a little thyme and celery, pepper and salt. Cut the ox tail into pieces, slice the onion and cut the carrot and turnip into dice. Put the dripping into a frying pan and place it over the fire, stirring in the flour as the dripping melts. Then pour in the onions, carrot and turnip and when they have been in the pan for about five minutes, add the meat and fry for about 10 minutes, stirring occasionally. Turn the contents of the frying pan into the stew pan, add water and simmer for about three hours. About an hour before the soup is ready, put in the celery cut into small shreds, also the thyme, seasoning with pepper and salt to taste. A. Price.

OX TAIL SOUP.—2 ox tails, 2 slices ham, 1 oz. butter, 3 carrots, 2 turnips, 3 onions, 1 leek, 1 head celery, 1 bunch savory herbs, 1 bay leaf, 12 whole peppercorns, 4 cloves, 1 teaspoon salt, 2 tablespoons catsup,  $\frac{1}{2}$  glass port wine, 3 qts. water. Cut the tails into joints, wash and put them in the stew pan with the butter, put in  $\frac{1}{2}$  pint water and stir over a sharp fire until juices are drawn. Fill up the stew pan with

water, when boiling add the salt, skim, cut the vegetables, add them with the peppercorns and herbs and simmer gently for 4 hours. Skim and strain, thicken with flour and flavor with catsup and wine. Mrs. Cresswell.

POTATO PUREE.—1 lb. potatoes, 1 leek (white part only), 1 oz. butter, pepper and salt, 1 qt. white stock, 2 stalks celery, 1 gill cream and  $\frac{1}{2}$  teaspoon sugar. Wash and cut up vegetables, put them in a lined saucepan with the butter and cook together for 5 minutes over a very gentle heat; add the stock and sugar gently for 1 hour; rub the soup through a hair sieve, return it to the saucepan with the cream, salt and pepper; allow the soup to heat up; serve with fried bread. Mrs. W. C. Goudie.

VEGETABLE SOUP.—Take beef or mutton stock, about 2 qts., and put the following vegetables through a sausage machine: 1 cup each of carrots, cabbage, potatoes, turnips and two good sized onions; season to taste with pepper and salt. Mrs. H. Bates.

GREEN PEA SOUP.—Take  $1\frac{1}{2}$  qts. of good stock, add one can peas and 2 medium sized onions and season with pepper and salt to taste. Mrs. H. Bates.

CORN SOUP.—Take 1 can of corn, put into a stew pan and cook for half an hour, then add  $1\frac{1}{2}$  qts. of milk and let it cook for half an hour; season to taste with pepper and salt and a small piece of butter. Mrs. H. Bates.

**PUREE DE POTIRON.**—Boil slices of pumpkin till quite soft, pass through a sieve in order to make a puree, after which pour milk into the puree making rather a thick soup and season with salt and bring to a boil. A little tapioca may be added if desired. A puree of celery to which you add cream also makes a delicious soup.

Mrs. J. Chivers.

**CELERY SOUP.**—1 qt. milk, 1 tablespoon cornstarch, 1 tablespoon butter, 2 heads celery, a large slice of onion chopped fine, boil the celery in a pint of water for 30 minutes, let the milk and onion come to a boil then add the cornstarch mixed with a little cold water, mash the celery in the water in which it has been boiled, and stir it into the boiling milk, add butter, pepper and salt.

Mrs. N. Bellamy.

**GREEN PEA SOUP.**—Take a pint of peas, and put them with a pint of stock to boil, a few small green, fresh onions, 1 handful spinach, 3 or 4 sprigs of parsley, about a dozen mint leaves, boil for an hour, then rub the whole through a wire sieve, pour back the soup and pulp into the saucepan, thicken with a little flour and water and season with pepper and salt.

**TOMATO SOUP.**—Heat 2 qts. of milk in a double boiler, add 1 tablespoon butter and 4 soda biscuits rolled fine, bring to a boil, stirring occasionally, 1 quart canned tomatoes,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon pepper, strain tomatoes through colander into milk and serve. This makes enough for ten people.

Mrs. T. A. Alexander.



**BOUILLON.**—Six or seven pounds of beef and bone shank preferred, cut up and break the bones ; add 2 qts. of cold water and simmer slowly five hours, strain through a fine sieve ; remove every particle of fat. This is done by letting the bouillon get thoroughly cold. Season only with pepper and salt. This can be made into many kinds of soup by adding different ingredients. Selected.

**SAGO SOUP.**—Wash 3 oz. of sago in boiling water and add it gradually to 2 qts. of boiling stock with seasoning to taste, simmer for half an hour, then beat up the yolks of three eggs, add them to half a pint of milk or cream, stir quickly into the soup and serve. Do not let the soup boil after the eggs are put in or it will curdle.

**PUREE OF CARROT.**—Peel six good sized carrots, boil until tender in one quart of boiling water slightly salted, mash them and rub through a colander 15 minutes before you serve the soup, heat three pints of milk to near the boiling point, put 3 tablespoons of butter in a saucepan, when melted stir in the same quantity of flour and cook until smooth, stirring constantly ; now add a little at a time of the hot milk to the carrots, pour very slowly into the saucepan containing the butter and flour, stir all together, add 1 pint of hot water or soup stock, season with salt and pepper and let boil a minute and serve. This soup may be varied by adding asparagus, string beans or peas boiled and rubbed through a colander.

**OX TAIL SOUP.**—Cut 1 ox tail in small pieces and fry in butter until tender; remove from the frying pan and add a little more butter in which fry until a nice brown the following vegetables: 1 onion sliced, 1 tea cup chopped turnip, 3 or 4 outer stalks of celery, 1 small carrot sliced thin. Have ready in the soup kettle 3 quarts beef stock into which put the fried ox tail and vegetables with a small bunch of herbs, a little red pepper and salt; boil slowly 1 hour, strain and return to the kettle; cut the meat from the bones, put into the soup and serve all very hot.

**BEAN SOUP.**—Put one quart of beans to soak over night in luke warm water; in removing boil up well in fresh water, drain and add 1 gallon of cold water, about a pound of salt pork; boil slowly three hours, add pepper, strain and serve with sliced lemon.

**CELERY SOUP.**—1 quart of veal stock or chicken broth,  $1\frac{1}{2}$  pints of milk,  $\frac{3}{4}$  of a cup of rice and 2 heads of celery; put rice in milk and set at the back of the stove to simmer; grate the roots and white part of celery and add to milk, cook until the rice is tender adding more milk if necessary. When done rub through a sieve and add to the stock which should have been previously strained. Salt and white pepper to taste.

**CHICKEN SOUP.**—Cut up a chicken and break all the bones, cook until tender in 3 qts. water, adding more as it boils away. Boil very

slowly and when done remove the meat and bones, pour the soup into an earthen dish and let stand till cold, and remove every particle of fat, pour into a saucepan and beat. Have ready half a cupful of rice and add to soup, then fry in a little butter 1 small onion, 2 or 3 stalks of celery, half a small turnip and 1 carrot; add these to soup and boil one hour. Chop the breast of the chicken very fine and rub all through a fine sieve. Put back on stove, add a pint of rich milk, a tablespoonful of butter, pepper and salt to taste, and serve very hot.

**MILK SOUP.**—Take four large potatoes and two onions, cut fine and boil in two quarts of water until thoroughly done. Strain through a colander, put back in the kettle, add a pint of milk, three tablespoonfuls of tapioca, a lump of butter the size of an egg, season with salt and pepper; boil slowly and stir often for 15 or 20 minutes and serve hot. Mrs. Erwin.

**POTATO SOUP.**—1 cup mashed potatoes, 1 teaspoonful finely chopped onion, stew together until onion is cooked, add 1 pint milk; when boiling thicken with flour a little, add piece of butter size of a walnut, season to taste with salt and pepper. Mrs. W. T. Ashbridge.



## FISH.

Select fish which have the eyes clear, the gills red, the scales bright and the flesh firm.

They should be scaled and cleaned as soon as they come from the market ; wash quickly, then sprinkle salt on the inside and put them in a cold place until wanted. Fish should always be well cooked, being both unpalatable and unwholesome when underdone. The method of cooking which retains most nourishment is broiling, baking is the next, and boiling poorest of all.

**CODFISH a la MODE.**--Mix two cupfuls mashed potatoes, 1 cup codfish,  $\frac{1}{2}$  cup butter, 2 cups milk or cream, 2 well beaten eggs, pepper and salt ; bake 25 minutes.

**SCALLOPED FISH.**--Pick any cold fresh fish into small pieces removing all the bones. Take one pint of milk, butter size of an egg, a sprig of parsley minced fine, and a small quarter teaspoon mustard ; stir in two tablespoonfuls of flour, grease a baking dish with butter, put first a layer of the minced fish, then a layer of the dressing, until the dish is full, spread a layer of bread crumbs on the top and bake until nicely browned.

**CODFISH BALLS.**--Pick very fine one tea-cup nice white codfish, mix with it about twice

as much nice, warm mashed potatoes as you have of fish ; 1 egg, a little butter, pepper and salt ; mix thoroughly, make into balls, roll in flour and fry in hot lard.

**CREAMED LOBSTER.**—Meat of one lobster, or a can of preserved lobster, one cup of creamy milk,  $\frac{1}{2}$  cup cracker crumbs, 2 tablespoonfuls of butter rolled in flour, pepper, cayenne and salt,  $\frac{1}{2}$  cup bread crumbs ; cut lobster into small dice, season and set aside while you heat the milk, dropping in a tiny bit of soda ; when hot stir in the butter, and, as this begins to thicken, the lobster, put in dish, strew crumbs on top, and brown in quick oven.

**SALT MACKEREL WITH WHITE SAUCE.**  
—Soak the fish all night in cold water, wash it well with a whisk broom to get off salt and loose scales, and lay in boiling water; cook gently for 25 minutes ; drain, and lift carefully to a hot dish ; have ready a cup of boiling milk in which has been stirred a tablespoonful of butter rolled in one of flour ; beat into this the white of an egg whipped stiff, boil and stir for one minute season with pepper and salt, and pour over the fish.

**BAKED PIKE.**—1 or 2 pike, a nice delicate stuffing, 1 egg, breadcrumbs,  $\frac{1}{4}$  lb. butter ; scale and clean the fish, take out the gills, wash and wipe it thoroughly dry, stuff it with force meat ; sew it up and fasten the tail in the mouth by means of a skewer. Brush it over with egg, sprinkle with bread crumbs, and baste with but-

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ter before putting it in the oven, which should be well heated. As soon as the fish is a nice brown cover it with buttered paper as the outside would otherwise become dry. Serve Anchovy or Dutch sauce and plain melted butter.

Mrs. Cresswell.

FISH MOULD.—Take the meat off the bone of any cold fish and take away the skin, pound a cupful in a mortar, soak an equal quantity of fine crumbs in a little milk and squeeze them dry and pound again. Put the fish and crumbs in a saucepan, stir well over the fire for a few minutes, add 2 oz. melted butter, beat up 2 eggs very lightly, and stir them in with a teaspoon of nutmeg; butter the mould and pour in a mixture with a piece of buttered paper; steam gently  $1\frac{1}{4}$  hours, turn over and pour white sauce over it.

Miss H. Bumfrey.

LOBSTER SOUFFLEE.—1 large lobster, 3 ozs. flour,  $3\frac{1}{2}$  ozs. butter,  $1\frac{1}{2}$  pints milk, pepper and salt, 1 teaspoon Anchovy sauce,  $\frac{1}{2}$  table spoon vinegar,  $\frac{1}{2}$  teaspoon Worcester sauce, 5 yolks of eggs, 6 whites; put the flour and 3 ozs. of butter in a saucepan over the fire and mix until a smooth paste; add the milk and stir until it boils and thickens; pour half the sauce into a basin and set it aside; add to the other half in the saucepan the following: 1 large lobster cut up in very small pieces; take the coral or spawn, if any, pound it in a mortar, with  $\frac{1}{2}$  oz. butter; pass through a sieve and add the half of it to the sauce in the pan, together with the flesh of the lobster, the sauces, vinegar,

pepper and salt ; mix all well together and stir in the yolks of five eggs ; beat the whites of six eggs to a stiff froth then add to mixture ; butter plain tin mould, tie a band of buttered paper round it, put in the mixture which should only half fill it ; steam very slowly for  $1\frac{1}{4}$  hours. Sauce : To the sauce in the basin add a little milk, put it in a saucepan on the fire, allow it to boil five minutes, then add the remaining half of the coral, butter, pepper and salt ; strain round the soufflee and serve very hot. This entree is frequently made with tinned lobsters, when  $\frac{3}{4}$  lb. tin is the quantity used.

Mrs. Gillies.

FISH AND OYSTER.—1 can salmon, 1 pint mashed potatoes, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon pepper; mix, make into balls and fry in butter in a hot pan.

Mrs. Geo. Moth.

FRIED HALIBUT.—Wash and dry firm slices of the fish and remove the skin with a sharp knife. Dip in beaten egg, then in bread crumbs after having salted and peppered the fish, and put them in a frying pan half full of boiling lard, to which a little butter has been added to make the fish brown nicely ; turn, and brown both sides.

BROILED WHITEFISH—Wash and drain the fish, sprinkle with pepper and salt, lay with the inside down upon the gridiron, and broil over fresh, bright coals ; when a nice brown, turn for a moment on the other side, then take up and spread with butter.



# MEAT, POULTRY, GAME.

*“ What say you to a piece of beef and mustard.”*

*—Shakespeare.*

ROASTING.—Wipe the meat well with a clean cloth. Unless meat has been exposed to dust or has been tainted it should never be washed as washing extracts some of the juices. Weigh the meat. If a thin piece, such as shoulder of mutton, allow a quarter hour to each pound and a quarter hour over at the end. If a thick piece such as sirloin of beef or leg of mutton, allow 20 minutes to the pound, and 20 minutes over. Veal and pork should have 25 minutes to the pound as both are unwholesome when underdone. Baste meat every fifteen minutes till it is properly cooked, then lay the meat on a hot dish, take roasting pan and pour all the fat carefully away and at the bottom will be found a little brown sediment which must be carefully preserved. For a small piece of meat pour in  $\frac{1}{4}$  pint of boiling water, and for a large one  $\frac{1}{2}$  pint. Scrape most carefully all the brown sediment down into the water, stir well, then add  $\frac{1}{2}$  teaspoon salt, pour into a small saucepan and boil up, pour over meat. If tainted by accident the meat should be washed quickly in water in which 2 tablespoons vinegar have been mixed. Dry thoroughly with a clean towel.

Mrs. Gillies.

**BOILING.**—In boiling meat exactly the same rules must be followed as to weight and time as for roasting. If a thin piece such as neck or mutton, allow  $\frac{1}{4}$  hour to a pound and  $\frac{1}{4}$  hour over at the end. If a thick piece such as leg of mutton, allow 20 minutes to the pound, and 20 minutes over. For all fresh meat a saucepan large enough to allow the meat to be covered with water must be used. The meat must not be put in until the water quite boils. Add a little salt to the water. After the meat has been put in let the water boil up and then draw it to one side and simmer very gently for the rest of the time. Simmering does not give more than 180 degrees to water. The scum as it rises must be carefully removed with an iron spoon. Boiled mutton is served with caper or parsley sauce. Boiled beef is generally garnished with vegetables boiled with it. Salt meat is put into cold water, brought very gently to the boiling point 212 degrees and then drawn aside and simmered gently at 180. This mode will draw out the salt. If very salty the water may be changed.

Mrs. Gillies.

**PORK PIE.**—Cut pork steak in medium sized pieces, and lay in the bottom of deep bake dish, then a layer of sliced onions and a thick layer of raw potatoes sliced, another layer of pork, onions and potatoes until the dish is filled; season with pepper and salt, and almost 2 cups of warm water; bake about two hours, covered over, in a slow oven.

Mrs. Gass.

**CARPET BAG a la COLCHESTER.**—Take

3 lbs. of rump steak cut thick, with fat on outer edge, then with a sharp knife split the steak from the inner edge to within  $\frac{1}{4}$  inch from the fat; lay open and place within 2 dozen cooking oysters, sew up and grill before a clear fire, searing the surface on both sides to keep in the juice. Afterwards cook slowly; serve hot with potatoes.

Mrs. Jos. Walker.

#### JELLIED GOOSE—GERMAN STYLE. —

One young, not too fat, goose, two well cleaned disjointed calves' feet, two heaping teaspoons of white peppercorns, same amount of allspice, several large onions, 4 bay leaves, 1 carrot, some parsley, celery head, rind and juice of one lemon, salt, enough white wine vinegar to give it a sour taste; take the whole goose (head, heart, lungs, gizzard and feet) together with the calves' feet, put in a granite pot, cover with water and boil, carefully skimming it until it looks clear. Then add the spices, vegetables, 1 lemon and vinegar; boil until well done, remove the fat as it rises and strain boiling hot through a white bag to cool; after the meat has cooled separate it from the breast bone, cut in thin stripes, likewise cut the legs and joints; put all together in a dish well greased with lard; now free the jelly of every particle of fat, remove all that is clear, melt it and pour gradually over the meat; do not turn it out till ready to serve; it must be stiff enough to keep the shape, but not hard and sticky.

Mrs. McLean.

#### STUFFED POTATO AND SAUSAGES. —

Bake six large potatoes, slit and remove the in-



side, mix it with a little milk, butter, fried onion, parsley and 2 eggs; return to the skins which must not be closed and bake. Fry 2 lbs. pork sausages, pile them on buttered toast and arrange the potatoes round; serve very hot.

Mrs. Jos. Walker.

**ROAST BULLOCK'S HEART.**—Wash the heart in warm water 3 hours beforehand, remove the lobes and leave in cold water till required; lay it on a board, cut it open down one side, stuff it thoroughly full, sew it up and roast 20 minutes for every lb. of meat and 20 minutes over will cook it nicely; serve with good thick brown gravy and red currant jelly.

For stuffing take four tablespoons of bread crumbs, 2 ozs. suet chopped finely, 1 tablespoon of parsley and thyme, pepper and salt; mix with a little milk and 1 egg. To reserve this cut into thin slices and heat gently in thick, brown gravy; serve with sippets of toast.

Mrs. Jos. Walker.

**VEAL LOAF.**—1 lb. beef chopped fine, 2 lbs. veal,  $\frac{1}{2}$  lb. sausage meat, 4 eggs, 1 teaspoon salt, 1 grated nutmeg, 1 teaspoon red pepper,  $\frac{1}{2}$  onion chopped fine, bread size of three rolls, softened with hot water packed well in a tin; bake slowly two hours.

Mrs. L. A. Mapes.

**BEEF LOAF.**—2 lbs. beef steak chopped fine, 4 egg, 3 soda biscuits crushed fine, pepper, salt, a little onion, a tablespoon Worcester sauce, a little sage; knead well and form into a loaf,

bake in a slow oven  $1\frac{1}{2}$  hours ; baste well with a little butter.

Mrs. Stevenson.

**SPICED BEEF.**—10 lbs. round of beef,  $\frac{3}{4}$  oz. saltpetre,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{4}$  lb. allspice,  $\frac{1}{4}$  lb. salt, rub the sugar in the beef, let it lay over night, next day rub in allspice and saltpetre, third day rub in salt, turn daily in liquor for three weeks. Before cooking soak beef in water for a few hours, then dry with a cloth, cover with a paste of flour and water, bake in a slow oven for 5 hours ; a covered pan is best ; let stand in pan until cold.

Mrs. Moore.

**BOILED ROAST.**—Roll beef with a carrot or parsnip, put a cloth around it and boil two hours ; sprinkle cloth with flour.

Mrs. P. Green.

**A DELICIOUS PASTRY FOR POT PIE.**—1 qt. of flour sifted with 3 teaspoons of baking powder,  $\frac{1}{4}$  cup butter rubbed in flour; after sifting and well rubbed together, add sweet milk to make a soft dough, cut in small pieces, put on top of fowl and steam 15 minutes; take off pieces, make gravy, put over paste on platter and serve.

Mrs. Erratt.

**SAUSAGE RECIPE.**—Ten pounds meat, fat and lean mixed, 4 ozs. salt, 1 oz. black pepper,  $\frac{1}{4}$  oz. sage, 1 tablespoon sugar and  $\frac{1}{2}$  teaspoon baking powder.

Mrs. M. Hinchy.

**CAPER SAUCE.**—1 oz. flour, 1 oz. butter,  $\frac{1}{4}$  pint milk,  $\frac{1}{4}$  pint water, 1 tablespoon capers, 1 teaspoon of liquid from the capers, pepper and salt. Put the butter and flour into a small

saucepan and rub them together over a gentle heat, then add the milk and water, a little at a time, stirring carefully ; stir the sauce one way until it boils and thickens, allow the sauce to boil for two or three minutes and add the capers (slightly chopped), the liquid, pepper and salt. Serve the sauce at once as it must neither boil nor stand after the capers and liquid are added or it will curdle. If desired, a tablespoon of cream may be stirred into the sauce just before serving ; this sauce is generally served poured over boiled mutton. Mrs. Gillies.

FAGGOTS.—Take 1 lb. pigs liver and 1 lb. fat pork ; mince it up fine and season it with a teaspoon of sage, 1 teaspoon parsley and thyme, pepper and salt ; put these ingredients into a jar, place the jar in half a saucepan of water, and let simmer for an hour ; when cold mix into it an onion chopped fine,  $\frac{1}{2}$  pint of breadcrumbs and 2 eggs beaten well ; then make into squares and put into a tin with some nice gravy at the bottom ; bake a nice brown for  $\frac{3}{4}$  hours and serve. Miss Annie Keys.

BEEF ROLLS.—The remains of cold roast or boiled beef seasoned to the taste with salt and pepper and minced herbs ; puff paste. Mince the beef tolerably fine with a small amount of its own fat, and a seasoning of salt and pepper and chopped herbs ; put the whole into a roll of puff paste and bake for  $\frac{1}{2}$  hour or longer should the roll be large. Beef patties may be made of cold meat by mincing and seasoning beef as



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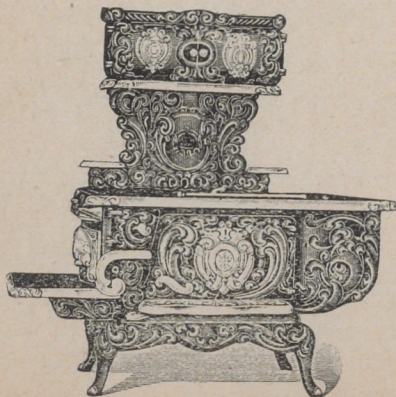
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mentioned above and baking in a rich puff paste in patty tins.

Mrs. H. Bates.

**HAM BALLS.**—Chop fine, cold cooked ham, add one egg for each person and a little flour; beat together and make into balls; fry brown in hot butter.

Mrs. H. Bates.

**BEEF TO ROAST.**—Take a 5 lb. roast of beef, lay in a dripping pan, season with salt and pepper and put in the oven for  $\frac{3}{4}$  hour before it is wanted for the table; tough, unpromising pieces of beef are best cooked by steaming them an hour and a half or so and then putting them in the oven and baking as much longer.

Mrs. H. Bates.

**BEEF LOAF.**—1 lb. rare beef chopped fine, 3 Boston crackers, rolled and sifted, add salt and pepper and 1 egg well beaten, work all until thoroughly mixed, form in a loaf by pressing into a bowl and turn out onto a buttered tin, rub a little butter over it and pour on a large cup of canned tomatoes, bake  $\frac{3}{4}$  hour, basting frequently with the tomatoes; serve cold.

Mrs. H. Bates.

**IRISH STEW.**—Chop mutton or beef steak, or both together, add raw potatoes sliced very thin, 2 onions and two small carrots, season with salt and pepper, cover with water in a stew pan, and stew gently until the meat becomes tender and the potatoes are nearly or quite dissolved in the gravy.

Mrs. H. Bates.

**KROMESKIES.**—Kromeskies are croquettes



cooked in the Russian manner. They are made as follows: Mince the remains of any cold meat, fish, poultry or shell fish, as for croquettes, season them nicely and shape them like a cork; instead of dipping them in egg and afterwards in breadcrumbs cut some slices of cold fat boiled bacon as thin as writing paper, wrap the croquette in these, dip each one in a little frying batter, fry them in hot, clarified fat and when brown and crisp arrange neatly on a hot dish; garnished with fried parsley and served immediately.

Mrs. J. D. Simpson.

MEAT PIE.—Cut some steak or beef very fine, put into a stew pan, add 2 onions, pepper and salt, cover with water and cook until meat is tender, then make a pie crust and put it over the pan, and put it in the oven and bake to a nice brown.

Mrs. J. H. Craig, Rouleau, Sask.

GRANDMA'S WAY OF SERVING COLD MEAT.—Take the roast after you have sliced the best part of it, chip off with a sharp knife all the lean meat from the bone, cut it fine, add to a pint of stock (a little chopped onion is desirable) salt and pepper to taste and a teaspoonful Worcester sauce; turn all into your bake-dish and fill up with mashed potatoes to which has been added salt and pepper and a cup of cream or a piece of butter the size of a walnut, fill the dish full rounding it on the top, ornamented with a silver table fork; rub melted butter over the top and bake in a moderate oven to a nice brown.

Serve in the dish baked in, trimmed with a frill of tissue paper.

Mrs. Hugh Scott.

VEAL CROQUETTES.— $\frac{1}{2}$  cup veal broth, one tablespoon flour, 2 eggs, 1 tablespoon butter,  $\frac{1}{2}$  pint finely chopped veal, a small piece of ham, a little onion and parsley chopped fine, put broth to boil, mix flour and butter together, add boiling broth, then add veal and seasoning, boil two minutes, add 1 egg well beaten, boil one minute, set away to cool, then shape into fingers roll in bread crumbs, dip in beaten egg, roll in bread crumbs again, and fry to a golden brown.

Miss Susie Vrooman.

BEEFSTEAK TOAST.—Chop piece of cold steak very fine, put in a stew pan with a small lump of butter and enough water to more than cover it; boil more than 20 minutes, then stir in a well-beaten egg; season with salt and pepper; pour over toasted bread and serve hot.

Mrs. Irwin.

CREAMED CHICKEN.—One chicken boiled until tender, one tablespoon butter, two tablespoons flour, one cup chicken broth, one cup milk. Put broth and milk together to warm, add butter, salt and pepper to taste; mix flour smooth with a little milk, add to hot milk; let boil up and add the chicken. Serve hot.

Miss Susie Vrooman.

CREAMED CHICKEN.—Cut bits of cold stewed chicken in small pieces. To each pint allow two tablespoons butter, one tablespoon

flour,  $\frac{1}{2}$  pint milk, two hard boiled eggs ; rub the butter and flour together, add the milk, stir until boiling, then rub in the yokes of the hard boiled eggs; when you have a smooth, thick, yellow sauce add the chicken and the chopped whites of the eggs ; let it stand over hot water for 20 minutes, add a teaspoonful salt, a little white pepper. . Serve very hot.

Mrs. Ashbridge.

**EGGS WITH GRAVY.**—Pour half a pint of nice brown gravy, beef or veal, or a cream chicken gravy, into a buttered pie dish ; set in the oven till it boils, then take out and break into it as many eggs as will lie side by side ; sprinkle with seasoned bread crumbs and place in the oven till the eggs are set. Take up with a skimmer, lay on small squares of rounds of toast and pour the gravy over.

Mrs. Service.

**SALMON LOAF.**—Six rolled soda biscuits, 1 egg,  $\frac{1}{2}$  cup milk, 1 can salmon, pepper and salt to taste.

**SALAD DRESSING** (for above)—I beaten egg,  $\frac{1}{2}$  teaspoon pepper,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons mustard, 2 tablespoons each sweet milk and sugar, butter size of an egg ; boil 15 minutes then add one cup vinegar.

**VEAL SHAPE.**—Take a veal shank, put in a kettle with  $2\frac{1}{2}$  quarts water, let it boil down to  $1\frac{1}{2}$  pints, cut the meat up fine, and season with pepper, salt, cayenne, Worcester sauce. Line dish with one lemon cut thin, 2 hard boiled eggs slic-



ed; put in the meat, and fill up with stock and set away to cool. Mrs. T. A. Alexander.

MUTTON SCALLOP.—2 cups finely chopped cooked meat,  $\frac{1}{2}$  cup bread crumbs, 1 tablespoon butter, 1 onion chopped fine, 1 cup tomato sauce melt the butter, add the bread crumbs and stir until they are thoroughly greased, season the meat with salt, pepper and a little savory, fill a greased baking dish with alternate layers meat and bread crumbs, pouring the tomato sauce over all, and covering the top with bread crumbs bake 20 minutes in a quick oven.

Mrs. N. Bellamy.

HAM PATTIES.—1 cup finely chopped ham,  $\frac{1}{4}$  cup fine bread crumbs,  $\frac{1}{4}$  cup milk, 1 tablespoon butter, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 1 finely chopped onion, mix together the meat, onion, salt, pepper and butter, moisten with milk, form into patties, roll in bread crumbs, and fry until brown.

Mrs. N. Bellamy.

SCALLOPED CHICKEN.—Divide fowl into joints, and boil till the meat leaves the bone readily, take out the bones and chop the meat very fine, thicken the water in which the fowl has been boiled with flour and season to taste with butter, salt and pepper; fill a deep dish with alternate layers bread crumbs and chicken and slices of cooked potatoes having crumbs on top, pour the gravy over the top and have a few bits of butter, and bake till nicely browned; serve with a garnish of parsley. Mrs. Wm. Grayson.

MINT SAUCE FOR LAMB.— $\frac{1}{2}$  cup vinegar, 4 tablespoons chopped mint, two tablespoons brown sugar, pour a little boiling water on the mint and sugar, add vinegar and let stand one hour before using.

Mrs. N. Bellamy.

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## VEGETABLES.

*Captus Nidone Culinae.*—*Captivated with the order of the kitchen.*

Have your vegetables as fresh as possible. Wash them thoroughly. Leave them in cold water until ready for use.

Vegetables should be put on to cook in boiling water and salt. Never let them stand after coming off the fire; put them instantly into a colander over a pot of boiling water if you have to keep them back from dinner.

**CABBAGE-A-LA-CAULIFLOWER.**—Cut the cabbage fine as for stew, put into a stewpan, cover with water and keep closely covered; when tender drain off the water; put in a small piece of butter with a little salt,  $\frac{1}{2}$  cup of cream or one cup of milk. Leave on the stove a few minutes before serving.

**BAKED BEANS.**—Soak a pint and a half of dried beans over night; in the morning pour off the water, cover with fresh water and boil until they crack open or are tender; then put them with the water in which they were boiled into a deep earthen jar adding a little salt, and, if agreeable, a tablespoon of molasses; put on top of the dish half pound of fat and lean pork which should be gashed across the rind, bake



four hours, and longer if convenient ; it will be better for it ; only bake slowly, keep nearly covered with water till two-thirds done then allow it to dry away.

**FRIED PARSNIPS.**—Scrape, cut into strips and boil tender in salted water ; drain and dip into batter made with one beaten egg,  $\frac{1}{2}$  cup of milk and flour enough to make a batter, and fry in hot lard.

**POTATO BALLS.**—Six large potatoes, one tablespoon butter,  $\frac{1}{4}$  cup of milk ; boil potatoes thirty minutes, mash fine and light ; add milk, butter, pepper and salt, beat light with a fork, shape into balls, roll in bread crumbs, dip in beaten egg, roll in bread crumbs again, drop into boiling lard and leave until brown.

Miss Susie Vrooman.

**POTATO CAKES.**—Take cold mashed potatoes and form into small cakes with the hands, put a spoonful of drippings into a hot frying pan, put in the cake and fry both sides to a nice brown and serve hot.

Mrs. Erwin.

**POTATO PIE.**—Peel and slice raw potatoes and put in a dish and bake with a little water. A little while before they are done, put on a crust and bake all together a nice brown.

Mrs. J. H. Craig, Rouleau, Sask.

**TOMATO SOUP.**—One quart can tomatoes, two tablespoons flour, two tablespoons butter, one teaspoon salt, one teaspoon sugar, one pint hot water ; let tomatoes and water come to a

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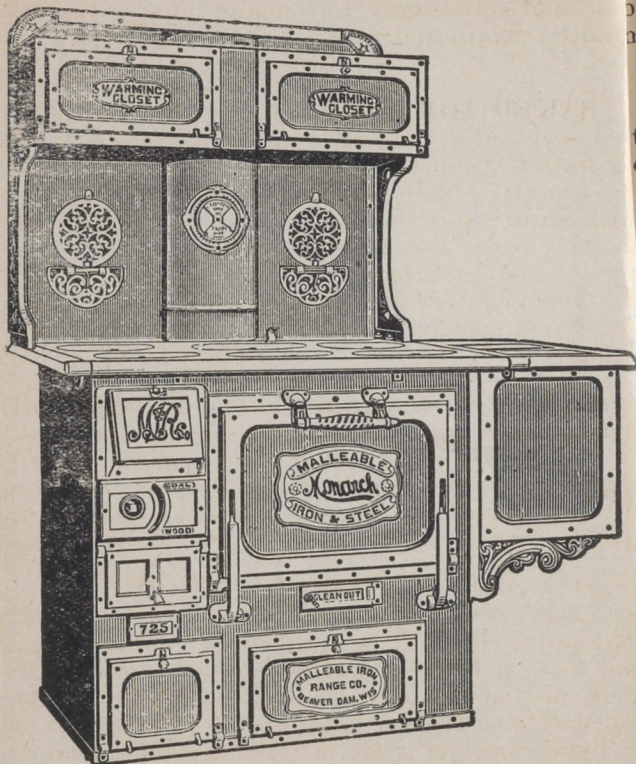
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boil ; add salt, sugar, butter and flour. Boil 15 minutes, strain and serve

Miss Susie Vrooman.

**BAKED TOMATOES.**—Eight or ten tomatoes, one thick slice of bread well crumbled, 2 oz. butter, pepper and salt to taste. Scald the tomatoes with boiling water, cut them in thick slices ; rub the sides of a pie dish with butter, lay in slices of tomato, season well with pepper and salt,, cover with bread crumbs and scatter some small lumps of butter over the bread crumbs ; bake in hot oven from 20 to 30 minutes.

Mrs. A. Price.

**PEASE CUSTARD.**—Boil the peas till soft and thick and put through the strainer, add butter  $\frac{1}{2}$  size of an egg, salt and pepper, dried mint, etc., 2 eggs beaten to about a pint of pease put in a deep butter dish and bake, then turn out to serve.

Miss B. Wilson.

**SCALLOPED POTATOES.**—Butter a bright tin basin or pudding dish and put in layer of cold potatoes sliced and seasoned with pepper and salt, and bits of butter ; dredge lightly with flour, fill the dish with these layers, covering the top with fine cracker crumbs, pour over a cup or a little more of cream or milk and bake  $\frac{1}{2}$  hour.

Mrs. H. Bates.

**POTATO PIE.**— $\frac{1}{2}$  pound meat chopped fine, 2 onions ; stew for an hour then add potatoes cut in small pieces ; make a paste and put all together in a dish and lay the paste over it;

bake in a quick oven, add pepper and salt to taste. Mrs. Butterworth.

POTATO CROQUETTES. — 1 pound potatoes, 1 egg, 1 oz. butter, a little salt and pepper. Boil the potatoes, dry them well, mash smooth, add salt, pepper, butter and a little egg; mix well, and shape into balls; egg and breadcrumb and fry to a golden brown; serve with a stalk of parsley in the end or centre.

Mrs. W. C. Goudie.

POTATOES (Southern style)—Take 1 tablespoon each of lard and butter and heat in a stew pan; when hot stir in one large tablespoon of flour, stir till smooth, then add one medium sized onion cut small and cook till brown; then stir in 1 quart of potato dice previously prepared. Add sufficient boiling water to cook the potatoes, not quite enough to cover them. Put a lid on the pan and let cook till the potatoes are done through and the water has boiled away. This may be cooked in about 20 minutes.

Mrs. J. Chivers.

POTATO PUFF.—Stir two cups mashed potatoes, 2 tablespoons melted butter and some salt to a fine, light and creamy condition, add 2 eggs well beaten separately and 6 tablespoons of cream, beat it all lightly and well together, pile it in a rocky form on a dish and bake in a quick oven until nicely browned. It will become quite light.

Mrs. G. Moth.

BROWNEED POTATOES.—Boil in salty water until nearly done then half an hour before

your roast meat is done put the potatoes around it, baste frequently until brown.

Mrs. Geo. Moth.

**POTATO PUFF.**—2 cups mashed potato, 1 tablespoon melted butter, whipped to a cream, put with this 2 eggs, beat light, add a cup of milk and salt to taste, beat all well, pour into a greased baking dish, and bake quickly to a light brown, serve in dish in which it is cooked.

Mrs. G. H. Sherwood.

**GRILLED TOMATOES.**—Grill the tomatoes whole over a clear fire and moisten occasionally with a very little dripping of butter. Grilled tomatoes are nice served with chops or steaks. They can also be baked in the oven with a little butter.

**STUFFED TOMATOES.**—Pour boiling water over a dozen small ripe tomatoes, and remove skin, scoop out one end of tomatoes and fill in with dressing. Dressing—Yolks of two eggs, a small piece of butter, 1 tablespoon sugar, 1 teaspoon each mustard and salt, a little white pepper,  $\frac{1}{2}$  cup vinegar; cook until thick; just before serving fill tomato with dressing, and serve on lettuce leaves.

Mrs. T. A. Alexander.

**POTATO BALLS.**—2 cups mashed potatoes, butter size of an egg, 1 egg, season with salt and pepper, moisten with milk, form into balls, roll in biscuit crumbs and bake brown.

Mrs. N. Bellamy.



# SALADS AND SALAD DRESSING.

*To make a perfect salad there should be a spendthrift for oil, a miser for vinegar, a wise man for salt, and a madcap to stir the ingredients up and mix them well together.—Spanish Proverb.*

**BANANA SALAD.**—Peel and slice four bananas, 3 oranges, removing seeds; shred a small pineapple, mix the fruit lightly together (place in a salad bowl lined with lettuce leaves), and pour over the following dressing: Beat the yolks of 4 eggs, add gradually 1 cup of pulverized sugar and a little salt and continue to beat till the sugar is dissolved, then add the strained juice of two lemons and serve very cold; it is also delicious to use whipped cream instead of the eggs.

Mrs. Bamford.

**TOMATO SALAD.**—1 can tomatoes,  $\frac{1}{2}$  box Cox's gelatine; cook tomatoes, strain through colander, soak gelatine in water 1 hour. mix, add salt and pepper and heat all. Salad dressing: 1 egg, 3 teaspoons mustard, 2 tablespoons flour, 3 of sugar, butter size of a walnut,  $\frac{1}{2}$  cup water; mix and put in 1 pint vinegar, boil until it thickens like custard. Bottle this and when using add a little cream.

Mrs. D. Marlatt.

CABBAGE SALAD.—1 egg, 1 tablespoon sugar, 2 tablespoons mustard, a small piece of butter, 1 cup vinegar, salt and pepper to taste, cover and cook, have cabbage chopped fine and stir all together and set away to cool.

Mrs. J. McWilliams.

TOMATO SALAD. —  $\frac{1}{2}$  package gelatine, 1 cup canned tomatoes, bring tomatoes to a boil and strain over gelatine, salt and pepper to taste; set in mould to cool, serve on lettuce as a salad.

Mrs. F. Williams.

CABBAGE SALAD.—For half head cabbage chopped fine take  $\frac{1}{2}$  cup sweet cream,  $\frac{1}{2}$  as much vinegar with a tablespoon of sugar in it and mix the cream. Having salted and peppered the cabbage pour over the mixture when ready to serve; take two hard boiled eggs and slice on top of the dish.

Mrs. H. Bates.

SALAD DRESSING.—4 eggs, 1 cup vinegar, 2 teaspoons flour, 2 teaspoons butter, 2 tablespoons sugar. Beat the eggs, then pour the heated vinegar over, a few drops at a time, beating it in thoroughly. Cook over hot water until thick, then beat in the butter, salt, and mustard, moistened with a little of the cold vinegar; add the sugar and a pinch of red pepper.

Mrs. E. C. Crystal.

SALAD DRESSING.—4 tablespoons butter, 1 tablespoon flour, 1 tablespoon sugar, 1 teaspoon salt, 1 teaspoon mustard, 1 cup milk,  $\frac{1}{2}$  cup vinegar, 3 eggs and a sprinkle of cayenne; let the butter get hot, add flour and stir until

smooth, add milk and stir until boiled ; place the sauce pan in a pan of hot water. Beat eggs salt and sugar and stir into the boiling mixture add vinegar and continue stirring until it thickens. When cold, bottle for use.

Mrs. (Dr.) Radcliffe.

SALAD DRESSING.—1 teaspoon salt and a little pepper, 1 tablespoon mustard, 2 tablespoons brown sugar,  $\frac{3}{4}$  cup vinegar, 2 tablespoons butter,  $\frac{1}{2}$  cup sweet cream and 3 eggs.

Mrs. Erratt.

SALAD DRESSING.—Take 1 well beaten egg,  $\frac{1}{2}$  cup cream or milk, 1 tablespoon of vinegar, 1 dessertspoon mustard,  $\frac{1}{2}$  cup sugar and salt to taste ; beat all together and put in a double boiler and cook 20 minutes. (Use Keen's mustard.)

Mrs. H. Bates.

DRESSING FOR CABBAGE.—Beat up two eggs with one tablespoon sugar, add a piece of butter the size of a walnut, a teaspoon mustard,  $\frac{1}{2}$  cup sour cream, a little pepper and two tablespoons vinegar. Put all these ingredients into a dish over the fire and cook like a soft custard. This is sufficient dressing for one qt. of cut cabbage.

Mrs. S. Robinson.

SALAD DRESSING.—2 teaspoons mustard, 2 teaspoons flour, 2 teaspoons butter, 2 tablespoons sugar, 2 beaten eggs ; add 1 cup vinegar, boil till thick then thin with sweet milk or cream until of the consistency of boiled custard, slice boiled potatoes, chop one onion fine, fill salad bowl with layers of potato, onion and dressing,



dust in a little pepper and salt and cover the top liberally with dressing. Mrs. J. R. Green.

**SALAD DRESSING FOR CABBAGE OR LETTUCE.**—3 eggs, 2 teaspoons black pepper, 1 teaspoon salt, 1 tablespoon mustard, 3 tablespoons melted butter, 6 teaspoons sweet cream, 1 cup vinegar and a little brown sugar; put all together on stove until it looks smooth like cream, stirring all the time to keep from burning, then when cold put over cabbage chopped fine.

Mrs. J. Campbell.

**SALAD DRESSING.**—1 egg, 1 tablespoon sugar, 1 tablespoon butter, 2 teaspoons mustard, pepper and salt to taste, 5 tablespoons vinegar, cook and cool; then add 1 cup cream.

Kate Bull.

**WELSH RAREBIT.**— $\frac{1}{2}$  lb. cheese, cut fine, 2 eggs well beaten, 1 teaspoon mustard,  $\frac{1}{2}$  teaspoon salt, a pinch cayenne,  $\frac{1}{2}$  cup cream or 1 cup milk, 1 tablespoon butter, put all in a sauce pan and boil until cheese is thoroughly melted; serve hot on slices of crisp toast.

Mrs. H. Naden.

**CHEESE STRAWS.**—1 cup flour,  $\frac{3}{4}$  cup grated cheese, 1 tablespoon butter,  $1\frac{1}{2}$  tablespoons milk, 1 even salt spoon of salt, the same of pepper, a little nutmeg, yolk of one egg; mix dry ingredients, add egg, milk and butter, softened; when the dough is smooth roll thin, cut into strips 4 inches long, bake slowly 15 minutes.

Mrs. D. Marlatt.

EGG SAUCE.—Add the chopped yolks two or three hard boiled eggs to drawn butter.

Mrs. W. C. Goudie.

POTTED CHEESE.—Put through a meat grinder 1 lb. cheese, rub smooth with a knife add melted butter about the size of an egg, a pinch of salt and 3 tablespoons of wine; mix well, then press into pots. Mrs. F. Williams.

MUSHROOM SANDWICHES. — Mix equal portions of roast beef, boiled tongue and boiled mushrooms together, add French mustard enough to make tasty; spread between thin slices of buttered bread.

Mrs. Geo. Perry.

SALMON SALAD.—1 cup of cold salmon minced and mixed with an equal quantity of chopped celery or cabbage; line a dish with lettuce leaves, turn into it the mixture, and pour over a dressing made of the following: One beaten egg, 1 tablespoon sugar, 1 dessertspoon of made mustard, 1 cup vinegar, cook in a double boiler and then add  $\frac{1}{2}$  cup of cream. To change this recipe add one-third package boiled macaroni to a can of salmon and add one teaspoon curry powder to the dressing.

Miss E. M. Simmons.

SALAD MIXTURES TO KEEP.—2 teaspoons sugar,  $\frac{1}{2}$  teaspoon salt, 1 tablespoon mustard,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup vinegar, 2 eggs, butter the size of an egg; mix all together without the vinegar and cook in a double boiler till it comes to a boil stirring constantly, then add vinegar and let come to a boil again; if too thick when cold

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add cream to thin it ; put in a sealed jar ; will keep some time. Mrs. F. W. Johnson.

FRUIT SALAD.—Boil  $\frac{1}{2}$  lb. white sugar to a syrup with a little water ; peel some ripe fruit, apples, pears, bananas, etc., and add to the syrup in a bowl ; add  $\frac{1}{2}$  oz. pistachio nuts blanchéd and chopped and  $\frac{1}{2}$  oz. dessicated cocoanut ; when the salad is cold add 2 tablespoons of liquor or brandy and serve.

Mrs. Jos. Walker.

FRUIT SALAD.—1 box strawberries,  $\frac{1}{2}$  pineapple or 1 small one, 3 bananas, 2 oranges,  $\frac{1}{2}$  cup sugar, 2 tablespoons sherry.

Mrs. Erratt.

SALAD DRESSING.—1 pint milk, 2 eggs, 4 tablespoons sugar ; add milk to eggs and sugar and serve with whipped cream. Shred pineapples with fork ; oranges and bananas alone are nice, or peaches ; put in layer with powdered sugar to each layer ; put whipped cream on top.

Mrs. Erratt.

Work up a tablespoon of salt and one of pepper with one of mustard and two of salad oil ; add only a few drops at a time, then mix well ; whip in a beaten egg, and 4 tablespoons vinegar ; work it up with a fork.

TOMATO SALAD.—1 can tomatoes, butter size of a walnut, 1 bay leaf,  $\frac{1}{2}$  teaspoon each mustard, pepper and salt, 1 tablespoon sugar, 1 onion, put on stove and boil a few minutes, strain, add 1 box Cox's gelatine previously dis-

solved in warm water ; put in mould and serve with salad dressing.

**CABBAGE SALAD.**—2 eggs, 5 tablespoons vinegar, 5 tablespoons milk, 1 teaspoon mustard, 1 tablespoon sugar, salt and pepper to taste. Cook until it thickens, and pour over the cabbage when cold or just before serving.

Mrs. F. Doctor...

**PINEAPPLE AND CELERY SALAD.**—Shred a pineapple until two cups of the flake fruit is got ; to this add one cup chopped celery and 1 sweet red pepper, cut into dice ; cream mayonnaise, which is the ordinary, somewhat diluted with whipped cream is used with this salad. Serve very cold on lettuce hearts garnished with a few nuts, or it may be packed in a ring mould which, when turned out on a platter, has the centre filled with delicate lettuce hearts mashed with some of the mayonnaise.

Mrs. S. Spicer.

**POTATO SALAD DRESSING.**—Yolks of 2 hard boiled eggs mashed with  $\frac{1}{2}$  teaspoon mustard and a little vinegar, add sour cream until about half cup, mash up cold potatoes and add a small onion cut fine, or cucumber pickle is good. Then it is ready for the dressing.

**POTATO SALAD.**—Take mashed potatoes, enough to fill a quart dish, salt and pepper to taste ; peel and chop very fine two small onions and mix with them ; put  $\frac{1}{2}$  cup vinegar and one teaspoon butter into a double boiler and let heat gradually, beat the yolks of two eggs



ser thoroughly, pour into a cup and fill with cream; beat well and stir into the hot vinegar; when it thickens turn immediately over the potatoes and mix; serve cold. Mrs. W. S. McLeod.

SALAD DRESSING. — Put in a granite dish two eggs well beaten with  $\frac{1}{2}$  teaspoon mustard, a pinch of salt, a dash of pepper and a tablespoon of sugar; add  $\frac{1}{2}$  cup vinegar and butter the size of  $\frac{1}{2}$  an egg; cook all gently stirring all the time; do not let boil as that may curdle the mixture; when cold add two tablespoons cream. Mrs. Annable.

BOILED SALAD DRESSING.—1 heaping teaspoon mustard, 1 tablespoon sugar, 1 tablespoon salad oil or melted butter, 2 tablespoons cream or buttermilk, sweet or sour milk, 6 tablespoons vinegar, 1 egg; mix it all smoothly together and let it boil together a few minutes stirring meanwhile; let cool before using.

Miss G. MacGillivray.

DEVILLED HAM SANDWICHES.—1 cup cold boiled ham,  $1\frac{1}{2}$  teaspoons lemon juice, 2 hard boiled eggs chopped fine,  $\frac{1}{4}$  teaspoon mustard, 3 teaspoons melted butter, 1 stick celery; chop the ham fine, rub the eggs smooth with the butter, mix with ham, mustard, celery and lemon juice and season to taste; a little grated cheese is also good; spread on this slices of bread and butter, fold together or roll. Mrs. G. Moth.

CHEESE STRAWS.—Roll puff paste thin, sprinkle with grated cheese and a pinch of cayenne pepper, fold, roll out and sprinkle again;

repeat the process, cut in thin strips 4 or inches and bake.

Mrs. G. Moth.

**BEEF SALADS.**—One quart beets boiled and chopped fine, one quart raw cabbage chopped fine, one cup grated horse radish, two cups white sugar, two tablespoons salt,  $\frac{1}{4}$  teaspoon cayenne, one teaspoon white pepper; cover with vinegar.

**CHICKEN SALAD.**—Chop meat of a chicken fine and add an equal quantity of chopped celery or lettuce, line dish with lettuce leaves and pour on the following dressing: Beat 2 eggs with a teaspoon of sugar, add butter  $\frac{1}{2}$  the size of an egg, 1 teaspoon mustard, a little pepper and salt, 1 teaspoon vinegar. Put in a dish and cook like a boiled custard.

**CELERY AND WALNUT SALAD.**—Mix with the celery cut into small pieces one-third the quantity of English walnut meat broken in two, enough mayonnaise to moisten; garnish with lettuce.

**SALAD DRESSING.**—Yolks of four eggs, one cup vinegar, one teaspoon mustard, one teaspoon sugar, one teaspoon salt, one teaspoon pepper, one tablespoon flour, one cup sour cream.

Mrs. E. N. Hopkins.

## PUDDINGS.

*"The proof of the Pudding is in the eating."*

**CHRISTMAS PUDDING.**—1 cup suet, 1 cup raisins,  $\frac{1}{2}$  cup molasses, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon all-spice,  $\frac{1}{4}$  teaspoon nutmeg, 1 teaspoon soda, 1 teaspoon cloves,  $\frac{1}{2}$  teaspoon salt, 1 cup sour milk,  $2\frac{1}{2}$  cups flour; turn into mould and steam 3 hours.

Mrs. Belbeck.

**STRAWBERRY IN JELLY NESTS.**—Soak  $\frac{1}{2}$  oz. gelatine in  $\frac{1}{2}$  cup cold water for  $\frac{1}{2}$  hour, then add 1 cup granulated sugar, 1 cup hot strawberry juice,  $1\frac{1}{2}$  cups boiling water; stir until dissolved, then add  $\frac{3}{4}$  cups lemon juice; pour the gelatine into small moulds, which have been dipped in cold water; set on ice until firm; an hour before serving turn the jelly out carefully on individual plates, scoop a round hole neatly in the centre of each and fill the hole with fine ripe strawberries sweetened and mixed with whipped cream.

Miss M. J. Bradshaw.

**INDIAN STEAM PUDDING.**—Use 2 cups of milk, 2 eggs,  $1\frac{1}{2}$  cups Indian meal, 2 small teaspoons beef suet, 2 tablespoons molasses,  $\frac{1}{2}$  teaspoon each cinnamon and ground ginger, add 1 teaspoon salt and a pinch of soda, heat the milk boiling hot, add the soda, pour over the meal stir well, add the suet and salt, when it is cooled add the eggs and spices, beat all hard, then turn



in a well greased mould and steam four hours.

Miss Edith M. Young.

**BREAD AND FRUIT PUDDING.** — Spread bread with butter  $\frac{1}{2}$ -inch thick and pour over some small hot canned fruit ; serve with boiled custard or cream.

Mrs. Millar.

**PLUM PUDDING.**—2 lbs. flour, 2 lbs. dark brown sugar,  $2\frac{1}{2}$  lbs. seedless raisins, 1 lb. bread crumbs, 3 ozs. mixed peel, 1 oz. ground all-spice, 8 eggs,  $\frac{1}{2}$  pint syrup,  $\frac{1}{2}$  pint brandy, 2 lbs. suet.

Mrs. F. Williams.

**BARONESS' PUDDING.**— $\frac{3}{4}$  lbs. suet,  $\frac{3}{4}$  lbs. raisins, weighed after being stoned,  $\frac{3}{4}$  lbs. flour,  $\frac{1}{2}$  pint milk,  $\frac{1}{2}$  teaspoon salt; chop the suet fine, stone the raisins, cut them in halves and mix these ingredients with the flour and salt, moisten with milk, stir the mixture well and tie pudding in a floured cloth previously wrung out in boiling water; put the pudding into a saucepan of boiling water and let it boil  $4\frac{1}{2}$  hours ; serve with plain sifted sugar. This pudding is highly recommended. The time of boiling should never be less than that length.

Mrs. Cresswell.

**POOR MAN'S PUDDING.**—1 cup rice well picked and washed, 1 cup sugar, 2 quarts milk, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon cinnamon ; bake very slowly from 3 to 4 hours, keeping covered as much as possible until the last 15 minutes, then lift the cover to brown the top ; it should be creamy and not dry when done.

Mrs. S. Foster.

**ORANGE PUDDING.**—Peel and cut five juicy oranges into thin slices taking out all seeds; pour over then a coffee cup of sugar; let a pint of milk boil by setting in boiling water; add the yolks of 3 eggs well beaten, 1 tablespoon cornstarch made smooth in a little cold milk, stir all the time, and as soon as thickened pour over the fruit; beat the whites to a stiff froth, add a tablespoon of sugar and spread it over for frosting, set in the oven for a few minutes. Any fruit may be used. Mrs. J. Betters.

**BATTER PUDDING.**—6 tablespoons flour, 1 tablespoon melted butter, 3 eggs, 1 quart sweet milk; bake one hour. Mrs. S. Foster.

**BROWN PUDDING.**—3 eggs, 6 ozs. butter, 6 ozs. sugar, 5 ozs. flour, 4 ozs. sultanas, a pinch of salt; mince and pound the sultanas, beat butter to a cream, add the sugar, flour and eggs by degrees, add the sultanas, working them well in; pour into a greased mould; steam for 4 hours; serve with sauce. Mrs. W. C. Goudie.

**SAUCE.**—1 oz. sugar, 6 cherries,  $\frac{1}{2}$  teaspoon lemon juice,  $\frac{1}{2}$  pint water, a few drops cochineal; put the sugar and water into a small sauce pan on the fire to boil, boil fast without lid on the pan for 10 minutes, add the lemon juice, cherries cut up and cochineal to color slightly. Mrs. W. C. Goudie.

**YORKSHIRE PUDDING.**—Beat 2 eggs very light, add 1 scant teaspoon salt and 2-3 pints milk; pour  $\frac{1}{2}$  cup of this mixture on  $\frac{1}{2}$  cup flour

and stir to a smooth paste, add the remainder of the mixture and beat well; bake in hot greased pans 45 minutes, baste with the drippings from the beef; this is a more convenient way than to bake in the pan under the beef and give more crust. Serve as a garnish for roast beef.

Mrs. S. Foster.

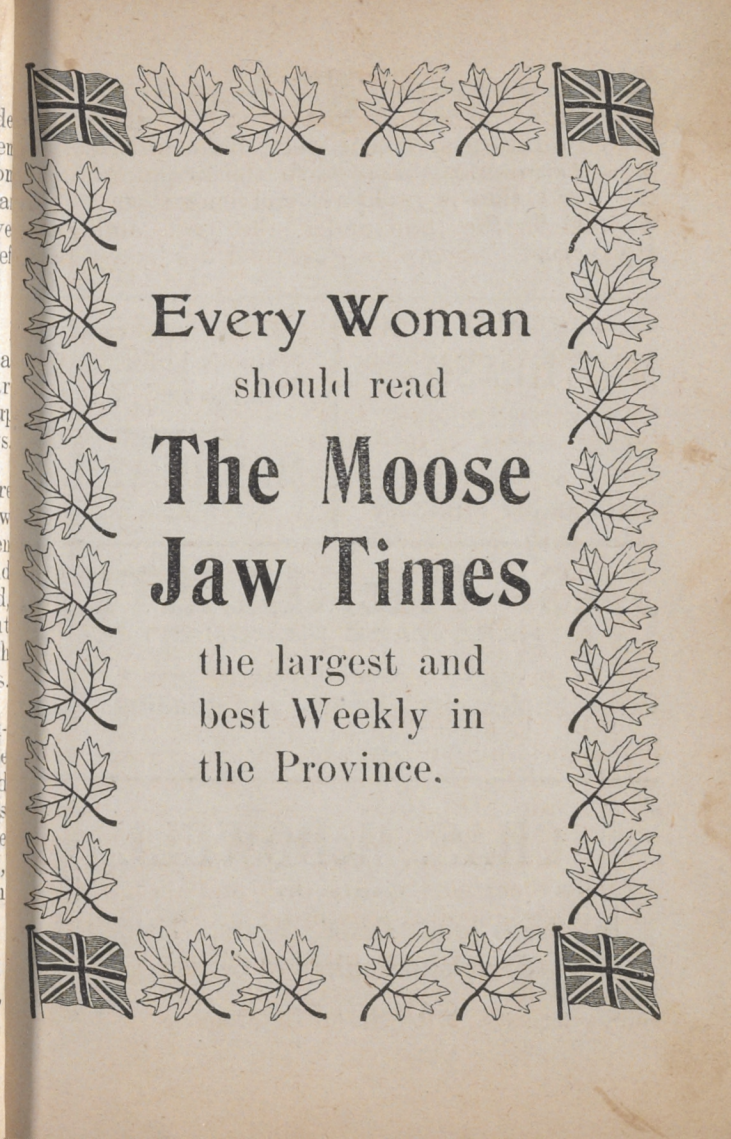
**STEAMED PUDDING.**—1 cup molasses, 1 cup suet, 3 cups flour, 1 cup sour milk, 1 teaspoon baking soda, 2 teaspoons of cream of tartar, 1 teaspoon ginger, 1 cup currants, 1 cup raisins, steam  $2\frac{1}{2}$  to 3 hours. Miss Annie Keys.

**APPLES WITH CUSTARD.**—Pare and core some apples, then cut them in pieces and stew them with as little water as possible; when they have become pulpy add sugar to taste and put them in a pie dish; leave them till cold, then pour over an unboiled custard and put dish in the oven till custard is fixed; this dish can be served either hot or cold. Mrs. Gillies.

**STUFFED APPLES.**—Wipe some large baking apples, but do not peel them; remove the cores, roll up a fig as small as possible and stuff it into the cavity. When all the apples are stuffed, put them into a tin and bake slowly till they are quite soft but not broken, arrange them neatly in a dish and serve them with a good boiled custard. Mrs. Gillies.

**ENGLISH PLUM PUDDING.**—9 eggs, 1 lb. sugar, 1 lb. chopped suet, 1 lb. stoned raisins, 1 lb. currants, 1 lb. citron or mixed peel, 1 lb.





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flour, 1 tablespoon mixed spice ; add milk to make quite stiff, boil 9 hours. Mrs. J. Sparrow.

LEMON PUDDING.—3 cups stale bread, 1 cup suet, 1 cup sugar, 4 eggs, 2 lemons grate bread and chop suet very fine; grate the rind of 2 lemons, put them in a bowl mixed well together, then pour into well buttered mold ; cover well with buttered paper and steam 2 hours. Serve with lemon sauce or sweet sauce.

Mrs. M. Bullock.

MARMALADE PUDDING. — 3 cups stale bread, 1 cup suet,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup marmalade, 3 eggs, a pinch of baking soda ; grate the bread, chop suet very fine, beat eggs well together and mix ; put into a well buttered mold and cover with well buttered paper. Steam 2 hours. Serve with marmalade sauce or wine sauce if desired.

E. Spengler.

SUET PUDDING.—1 cup suet chopped fine. 1 cup molasses, 1 cup raisins,  $2\frac{1}{2}$  cups flour, 1 cup sour milk, 2 teaspoons soda, spice to taste ; steam 5 hours. Mrs. B. Holdsworth.

CUP PUDDING.—1 cup sweet milk,  $\frac{1}{2}$  cup butter, 1 cup flour,  $\frac{3}{4}$  cup sugar, 2 eggs, lemon to taste, 2 teaspoons baking powder.

Mrs. B. Holdsworth.

BREAD PUDDING.—Take a few slices of stale bread and 2 tablespoons ground cocoanut, soak both together in milk for about  $\frac{1}{2}$  an hour, then add  $\frac{1}{2}$  cup sugar, yolks of three eggs, a little butter and bake. When done beat the



whites to a stiff froth with a little sugar, spread on the top and put in the oven to brown.

Mrs F. Williams. m

BREAD PUDDING.—Toast in the oven stale bread, then roll fine, and to  $1\frac{1}{2}$  cups make pudding as above.

Mrs. F. Williams. s

COTTAGE PUDDING.— $\frac{1}{2}$  cup sugar, three tablespoons melted butter, 2 eggs, 2 cups flour, 1 cup milk, 2 teaspoons baking powder sifted in the flour. Sauce for pudding—1 tablespoon flour, butter half size of an egg, beat to a batter add  $1\frac{1}{2}$  cups sugar, one cup boiling water; let it boil for five minutes; add 1 tablespoon vinegar and salt to taste. If served hot add a little nutmeg.

Mrs. H. Bates.

GRACE PUDDING.—Butter a mould put alternate layers of sponge cake, macaroni, biscuits, putting apricot jam in the centre; soak  $\frac{3}{4}$  oz. gelatine in  $\frac{1}{2}$  pint. sugar; put it on to boil then pour it over one pint cream, let stand till nearly cold, then pour into mold; when cold turn out; serve with sherry or custard round the pudding.

Mrs. J. Hallam.

SNOWDEN PUDDING.—1 large lemon, 1 teaspoon each of bread crumbs, flour, suet, moist sugar, 1 egg and a little milk,  $\frac{1}{2}$  cup raisins; grate the rind of the lemon and squeeze out the juice, stone the raisins, rub the bread, which must be stale, chop the suet fine, mix the dry ingredients together well (not the raisins), then add the egg, milk and lemon juice; grease a mold, stick it over with the raisins and fill up

with the mixture ; butter a piece of paper, tie over the pudding and steam 2 hours ; serve with melted butter. Mrs. J. Hallam.

STEAM PUDDING.—1 cup bread crumbs, 1 cup sweet milk, 1 cup flour, 1 cup currants or seeded raisins,  $\frac{1}{2}$  cup butter or suet, 1 teaspoon soda, spice to taste. Boil 3 hours. A boiled sauce is very nice to use on this.

Mrs. J. H. Craig, Rouleau.

SODA BISCUIT PUDDING.—Cut in small pieces and butter as many biscuits as you need. Put them in a pudding dish, cover over with milk and let them all soften ; beat 1 egg, add a little sugar and a little more milk, and stir all down through the biscuits. Bake in the oven.

Mrs. J. H. Craig, Rouleau.

CHARLOTTE PUDDING.—Grease a pudding dish with butter, put in a layer of bread crumbs, then a layer of sliced apples, pour over them a cup of milk in which has been dissolved a piece of butter the size of an egg. Bake for 1 hour.

Mrs. Erwin.

SNOW PUDDING.—Pour 1 pint of boiling water over 1 half box of gelatine ; add the juice of 1 lemon and  $1\frac{1}{2}$  cups of sugar strain. When nearly cold stir in the whites of 3 eggs beaten to a stiff froth. Serve with boiled custard.

Mrs. Erwin.

TAPIOCA PUDDING.— $\frac{1}{2}$  cup tapioca,  $\frac{1}{2}$  cup sugar, small piece butter, a little less than a qt.

milk. Pour over the dry tapioca and bake slowly 2 hours. Requires no sauce.

Mrs. J. H. Craig, Rouleau.

PEACH TAPIOCA PUDDING.—Wash  $\frac{1}{2}$  pint tapioca, pour over it a quart boiling water, cook in a double boiler  $\frac{1}{2}$  hour; pare and quarter 1 dozen peaches, put in a pudding dish and season with 1 cup white sugar, one tablespoon butter, some nutmeg and the grated yellow of 1 lemon. Pour the tapioca over the fruit and bake.

Mrs. S. R. Johnson.

BREAD PUDDING WITHOUT MILK.—Soak in cold water a small loaf of bread, wring out dry. Take 1 cup molasses, 1 cup sugar, 1 teaspoon each of ground ginger and allspice; warm these ingredients on the stove and turn over the soaked bread in your bake tin, add  $\frac{1}{2}$  cupful each of seeded raisins and currants; bake  $\frac{1}{2}$  hour in a moderate oven. Serve hot with lemon sauce.

QUEEN OF PUDDINGS.—1 pint bread crumbs small, 1 quart milk, 2 eggs, save the white of one for frosting, 3 tablespoons sugar, when done spread with jelly and then frost; set in oven until brown. Grate rind and put in pudding and the juice in frosting.

Mrs. S. R. Johnson, Rouleau.

CUSTARD SUFFLEE.—2 scant tablespoons butter, 2 tablespoons flour, 2 tablespoons sugar, 1 cup milk, 4 eggs; let milk come to a boil; beat flour and butter together, and add to them gradually boiling milk; cook 8 minutes, beat



sugar and yolks of eggs together, add to cooked mixture, set away to cool; when cold beat whites of eggs to a stiff froth, add to cooked mixture; bake in butter dish 20 minutes in moderate oven; serve immediately with cream.

**SNOW APPLE PUDDING.**—3 cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons of lard; mix soft with  $\frac{3}{4}$  cup of milk; fill a pudding dish half full with apple-sauce or any fruit, then pour batter on, and steam for  $\frac{3}{4}$  of an hour. Edna Foster.

**CARAMEL CUSTARD.**—Cook 1 cup sugar, and 3 tablespoons of water till very brown, but not burnt; bring to the boil, 1 pint of sweet milk; beat yolks of 3 eggs; pour hot milk on the caramel and add eggs; steam exactly 16 minutes and serve with cream and sugar.

Edna Foster.

**CARAMEL PUDDING.**—1 cup brown sugar in a pan, and let melt till like caramel; 1 tablespoon of butter, 1 cup sweet milk (hot), cook till it bubbles, remove and let cool for 12 minutes. To 1 pint of scalded milk add 3 tablespoons cornstarch and cook till thick; then stir into sugar flavored with vanilla; pour into molds and allow to get cold. Serve with cream and sugar.

**CHRISTMAS PUDDING.**—Mix 3 teaspoons baking powder in 1 quart flour, 1 cup suet cut fine, 1 cup currants, 1 cup raisins, 1 cup figs or dates, cut fine, 2 oz. almonds; mix all into flour, 2 teaspoons mixed spices, 1 cup molasses, 2

eggs, 1 cup milk; boil 3 hours. This quantity is sufficient for eight people. Serve with brandy sauce. Mrs. Gallaher.

DATE PUDDING.—3 eggs, 1 cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk, 2 teaspoons baking powder,  $2\frac{1}{2}$  cups flour, 1 lb. dates; steam 2 hours. M. A. Alexander.

LEMON CREAM PUDDING.—Yolks of 4 eggs, beaten with 4 tablespoons sugar, juice and rind of 1 large lemon, 2 tablespoons hot water, added to beaten yolks, cook slowly until it thickens, then stir in whites of 4 eggs beaten stiff, with 2 tablespoons sugar. Serve cold. Mrs. G. W. Armstrong.

TREACLE PUDDING.—1 egg, 1 cup flour, 1 cup molasses, 1 teaspoon baking powder,  $1\frac{1}{2}$  cups of bread crumbs,  $\frac{3}{4}$  cup of suet; steam 3 hours, and serve with sauce.

QUEEN OF PUDDINGS.—2 slices of bread, 1 pint milk, 1 egg, a little jam. Break the bread in small pieces, put in a dish, boil the milk, pour over the bread with a yolk of an egg and mix well together; put in the oven then cover with jam, beat the white of egg to a stiff froth, put on the top and sprinkle with sugar. Mrs. Butterworth.

WHITE SAUCE OR MELTED BUTTER. — 1 oz. butter, 1 oz. flour, 1 oz. sugar, 1 cup milk and water; mix all together in a pan, stir over the fire until the sauce is thick.

Mrs. Butterworth.

**CARROT PUDDING.**— $1\frac{1}{2}$  cups flour, 1 cup sugar, 1 cup suet, 1 cup raisins, 1 cup currants, 1 cup grated potatoes, 1 cup grated carrots, 1 teaspoon soda; steam or boil 3 hours.

Mrs. Bastein.

**SISTER PUDDING.**—The weight of 2 eggs in flour, the weight of 1 egg in butter, sugar to taste and 1 egg; beat the butter to a cream, add the sugar and the egg, beat all well together and add the flour, 1 teaspoon baking powder, a few drops of any essence preferred, butter a mold well, put into the bottom 2 tablespoons jam, then put the pudding over, tie greased paper over the top and steam for an hour and a half.

Mrs. Williamson.

**SNOW PUDDING.**—Pour 1 pint boiling water over  $\frac{1}{2}$  box gellatine, add the juice of 1 lemon and  $1\frac{1}{2}$  cups sugar, steam and when nearly cold stir in the whites of 3 eggs beaten to a stiff froth. Serve with boiled custard.

**APPLE FRITTER.**—Make a batter in the proportion of one cup sweet milk to 2 cups flour, 1 teaspoon baking powder, 2 eggs well beaten, 1 tablespoon sugar and a saltspoon of salt, warm the milk and add slices of apples, drop in spoonfulls in boiling lard, and fry to light brown.

Mrs. Geo. Moth.

**LEMON SAUCE FOR FRITTERS.**—1 cup sugar, small  $\frac{1}{2}$  cup butter, 1 egg beaten light, juice and grated rind of lemon,  $\frac{1}{2}$  cup boiling water, cook until thick in double boiler; half



the butter may be used on a little more water. Mrs. Geo. Moth.

LEMON SAUCE FOR PUDDINGS.—Mix 1 tablespoon cornstarch with 1 tablespoon butter and  $\frac{1}{2}$  cup sugar, pour over one large cup boiling water, grated rind and juice of lemon or orange, stir until thick. Mrs. Moth.

SNOW PUDDING.—2 tablespoons cornstarch  $\frac{1}{2}$  cup sugar, cook in 1 pint of water like starch, add well beaten whites of three eggs and when cold serve surrounded by custard. Custard made of yolks of 3 eggs, 1 pint milk,  $\frac{1}{2}$  cup sugar, flavor to taste with vanilla. I put in a little cornstarch. Mrs. G. Moth.

CHOCOLATE PUDDING.—After a pint of milk has come to a boil add 1 large tablespoon cornstarch, 2 of grated chocolate and  $\frac{1}{2}$  cup sugar; boil until it thickens and turn into molds. Set on ice. Serve with cream and sugar. Flavor to taste. Miss. E. Bryant.

APPLE DUMPLINGS.—Make a rich biscuit crust, peel and core the apples, filling centre with sugar, cut crust into number of pieces required, and crush around each apple; make a sauce of 1 cup water, 1 cup sugar, butter the size of an egg,  $\frac{1}{2}$  teaspoon cinnamon, let boil, pour over dumplings and bake. Delicious served with cream and sugar. Mrs. Reed.

CARROT PUDDING.—Mix thoroughly half a pound each flour, currants, raisins, grated carrots, grated potatoes, suet chopped fine,  $\frac{1}{2}$  cup

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molasses, 1 teaspoon cloves, 1 tablespoon cinnamon, 1 teaspoon soda dissolved in a little water, 1 egg, 1 teaspoon salt,  $\frac{1}{2}$  cup sugar, turn into a greased mold and boil two hours or steam three hours. Serve with hard sauce.

SUET PUDDING.—Stone and chop 1 large cup of raisins, add 1 cup chopped suet, 1 cup molasses, in which 1 teaspoon soda has been foamed, 1 cup sweet milk, 1 teaspoon salt, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon cloves, flour to stiffen. Steam 2 to 3 hours.

Mrs. Jas. Campbell.

SMALL AND CHEAP PLUM PUDDING. — 1 cup chopped suet,  $1\frac{1}{2}$  cups raisins,  $1\frac{1}{2}$  cups currants, 1 cup molasses, 4 cups flour, 1 cup milk, 2 eggs, 1 tablespoon soda, 1 teaspoon cloves, 1 teaspoon cinnamon, boil or steam 3 hours.

Mrs. T. A. Alexander.

COTTAGE PUDDING.—1 egg, 1 cup sugar, 1 tablespoon butter,  $\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups flour, 2 teaspoons baking powder, line dish with fruit and pour on batter, bake in moderate oven and eat with sugar and cream or sauce.

Mrs. T. A. Alexander.

QUEEN OF PUDDINGS.—1 qt. sweet milk, 1 pint bread crumbs, 5 eggs, 1 teaspoon cornstarch, 1 large lemon, 1 cup common sugar, 1 cup pulverized sugar. Bring milk to a scald, pour over the bread crumbs and let cool, beat the yolks of the eggs and the common sugar together; mix in the cornstarch and the grated rind of lemon and bake 20 minutes; beat the

whites of eggs and pulverized sugar together and the juice of lemon; when the pudding is done put this on top and set in the oven to brown; to be eaten cold.

Mrs. G. H. Sherwood.

**CHOCOLATE FOAM PUDDING.**—Dissolve 2 tablespoons of chocolate in 2 cups of boiling water, add 2 tablespoons cornstarch and 1 cup sugar; beat the whites and yolks of 2 eggs separately and mix together and stir into the chocolate; let cool and serve with cream and sugar.

Mrs. G. Ford.

**ENGLISH PLUM PUDDING.**—Stone and clean 1 lb. raisins, wash and dry 1 lb. currants, 1 lb. sultanas, 1 lb. suet, 1 lb. bread crumbs, 1 lb. mixed peel, 1½ lbs. brown sugar, 4 ozs. almonds chopped fine, spice to taste; stir all together and let stand over night; beat 4 eggs in a cup of milk, add wine glass brandy with flour enough to mix; put in basin, cover with paste and boil 8 hours. Will keep for a year.

**TRIFLE.**—Take a good sized table sponge cake, soak well in either sherry or port wine and let it stand for 4 hours; next mix in a little quantity of blanched almonds chopped fine. Make a good custard and pour it over the cake, then cover the whole with alternate tablespoons of jelly and whipped cream sweetened to taste. Trifle is best when made the day before using with the exception of putting on the jelly and whipped cream which should be added immediately before use.

Mrs. H. Naden.

**COCOANUT PUDDING.**—1 pint of milk with the yolks of two eggs well beaten, 2 tablespoons cocoanut,  $\frac{1}{4}$  cup rolled crackers, flavor to fancy. Bake  $1\frac{1}{2}$  hours then spread over it a frosting made by beating the whites of 2 eggs and a cup of sugar. Put in the oven to brown.

Mrs. H. Bates.

**COCOANUT PUDDING.**—Swell one cup of sago in 2 cups boiling water and add 1 cup sugar,  $1\frac{1}{2}$  cups grated cocoanut; mix the whole thoroughly with  $\frac{1}{4}$  peck tart, juicy apples chopped fine and bake for 1 hour in a slow oven.

Mrs. H. Bates.

**CARROT PUDDING.**—1 cup raisins, 1 cup suet, 1 cup currants, 1 cup brown sugar, 1 cup grated carrots, 1 cup potatoes,  $1\frac{1}{2}$  cups flour, 1 teaspoon cinnamon, nutmegs and cloves, 1 of soda; steam 3 hours.

Mrs. A. Young.

**LEMON JUICE.**— $\frac{1}{4}$  cup butter,  $\frac{1}{2}$  cup sugar, juice of 1 lemon and grated peel, add  $\frac{1}{2}$  pint boiling water, moisten a tablespoon cornstarch in cold water to thicken the sauce.

Miss M. Wilson.

**STEAMED PUDDING.**— $\frac{3}{4}$  cup boiling water,  $\frac{1}{2}$  cup molasses, 2 tablespoons melted butter, a little salt,  $\frac{1}{2}$  teaspoon each ginger, cinnamon,  $\frac{1}{4}$  teaspoon ground cloves,  $\frac{1}{2}$  cup stoned raisins,  $\frac{1}{2}$  cup currants, 2 heaping cups flour with 2 teaspoons baking powder well sifted in; steam  $1\frac{1}{2}$  hours. Sauce:  $\frac{1}{2}$  cup butter, 1 cup sugar, beaten to a cream; add the beaten yolk of one



egg, grate in  $\frac{1}{2}$  nutmeg, then stir in a tablespoon boiling water. Place where it will keep warm and just before serving add the well beaten white of an egg.

Mrs. A. R. Turnbull.

**TAPIOCA ICE.**—1 cup tapioca soaked over night; in morning put on stove and when boiling hot add one cup sugar and boil till clear; chop 1 pineapple, stir together with tapioca and put in molds; serve ice cold with sugar and cream.

Mrs. McIntosh.

**CARROT PUDDING.**— $1\frac{1}{2}$  cups flour, 1 cup sugar, 1 cup suet, 1 cup raisins, 1 cup currants, 1 cup grated potatoes, 1 cup grated carrots, 1 teaspoon soda; steam three hours. Sauce: 1 tablespoon melted butter, 1 teaspoon flour, 2 tablespoons sugar, add boiling water and set on stove a little while to boil; flavor.

Mrs. T. A. Johnston.

**SUET PUDDING.**—Take suet chopped fine, raisins chopped, syrup and sour milk, each 1 cup;  $\frac{1}{2}$  cup English currants, 2 even teaspoons soda; mix the suet, raisins and currants well into the syrup, then add the sour milk, next the soda, pulverized and well mixed in a handful of dry flour; stir until it begins to foam, then add flour enough to make a stiff batter; steam  $1\frac{1}{2}$  hours.

Mrs. S. Muir.

**COTTAGE PUDDING.**—With 2 cups of flour mix 2 teaspoons of Thistle baking powder, 1 egg, 1 tablespoon butter,  $\frac{3}{4}$  cup sugar,  $\frac{1}{2}$  cup sweet rich milk, flavor to taste with lemon extract;

eaten while warm with a liquid sauce or cream.

Mrs. Chas. Doan.

**COCOA PUDDING.**—Pour a pint of boiling milk over  $\frac{1}{2}$  cup bread crumbs, let stand for one hour stirring occasionally, add a tablespoon cocoa, a teaspoon vanilla, and let the mixture boil up once; remove from the fire and stir in 3 eggs, yolks and whites beaten separately; pour into a buttered pudding dish and bake  $\frac{1}{2}$  hour; serve with plain cream. To be eaten hot or cold.

Mrs. J. Chivers.

**BATTER PUDDING.**—Rub  $\frac{1}{2}$  cup flour and  $\frac{1}{2}$  teaspoon salt in  $\frac{1}{2}$  cup milk, beat 3 eggs till light and add to the paste, beat well and add  $1\frac{1}{2}$  cups milk; strain this into a buttered mold having a tight cover also greased; put into a kettle of boiling water and boil steadily  $1\frac{1}{2}$  hours; serve with foamy sauce.

**PRUNE WHIP.**—Press through a colander some stewed sweet California prunes which have been thoroughly drained from juice, and from which the stones have been removed; beat the whites of three eggs to a stiff froth and add 2 cups of sifted prunes; beat all together thoroughly, turn into a pudding dish and brown in the oven 15 minutes; serve cold with a little cream or custard for dressing; almond sauce also is excellent.

Mrs. J. Erratt.

**BROWN PUDDING.**—1 egg,  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup sour milk, butter the size of an egg,  $\frac{1}{2}$  teaspoon soda, flour to thicken; bake.

Mrs. J. Erratt.

**YORKSHIRE PUDDING.**—Mix  $\frac{1}{2}$  lb. flour with 2 eggs and by degrees 1 pint milk ; grease a flat Yorkshire pudding tin thoroughly and bake under the meat ; the drippings from beef makes this very good ;  $\frac{3}{4}$  hour in a good hot oven will be sufficient time to allow.

Mrs. J. Walker.

**BUTTER FOAM.**—Beat together  $\frac{1}{2}$  cup of butter, 1 cup sugar, until they are very white and creamy, add 2 tablespoons cream and flavor with vanilla ; let chill on ice before serving on the pudding.

Mrs. Bradshaw.

**PINEAPPLE SHERBET.**—1 can pineapple cut in small dice and use the syrup, place 1 qt. water with 3 cups sugar over the fire to boil ; boil 5 minutes ; when cold add juice of 2 good sized lemons and pineapple ; turn into the freezer and stir till frozen ; beat the white of 1 egg to a stiff froth ; add to it 1 tablespoon powdered sugar ; beat again ; remove the dish, stir in the egg and repack, stand aside for two hours to ripen.

Mrs. R. L. Slater.

**ICE CREAM.**—2 quarts milk, 4 eggs, beaten stiff separately, 2 tablespoons cornstarch in 1 cup cold milk, yolks of eggs in the cornstarch, stir the whites in 1 cup sugar.

Mrs. Erratt.



## PIES.

*"No soil upon earth is so dear to our eyes  
As the soil we first stirred in terrestrial pies."*

—O. W. Holmes.

PLAIN PIE CRUST.—3 cups flour,  $\frac{1}{2}$  the quantity of lard,  $\frac{1}{2}$  cup butter; work the lard and butter in the flour and pour in a teacup of ice cold water; knead in a firm dough with the least possible handling; roll out to a thin sheet and place over it pieces of butter set closely together; fold up and roll out again as before repeating the process until the butter has been thoroughly assimilated with the dough using a little flour when needed. (One teaspoon of baking powder will facilitate the attainment of a successful result.) It should in all cases be mixed with dry flour. Add a little salt.

Mrs. H. Bates.

PIE CRUST.—Lard, butter and water each 1 cup, flour 4 cups, to which I would add the yolk of an egg and a little salt, the crust would prove more select if made a day before it is required for use and let stand in ice box.

Mrs. H. Bates.

ORANGE PIE.—1 good sized orange, grate the rind and chop or slice the inside removing seeds, 3 eggs,  $\frac{1}{2}$  cup sugar, 1 cup milk, 1 heap-

ing tablespoon cornstarch ; no upper crust.

Mrs. H. Bates.

CHOCOLATE CREAM PIE.—1 cup white sugar,  $4\frac{3}{4}$  tablespoons flour,  $\frac{1}{8}$  teaspoon salt, 2 eggs, 2 cups milk,  $1\frac{1}{2}$  ozs. chocolate (unsweetened), 1 tablespoon vanilla, mix flour, salt and sugar, put in the beaten eggs and mix to a smooth paste ; pour it over the boiling hot milk ; stir constantly till it thickens ; let it steam in double boiler 15 minutes ; let it cool ; add vanilla and fill into pastry case.

Mrs. R. E. Plaxton.

LEMON PIE.—1 lemon, juice and grated rind, 1 cup sugar, yolks of 2 eggs, 1 cup water, 1 heaped tablespoon cornstarch ; put in small pail, stand in pot of boiling water and boil thick ; make a nice paste, line the plate and cook the paste alone ; when done light brown pour in the mixture. Frosting for top : The whites of 2 eggs beaten stiff with 2 tablespoons pulverized sugar.

Mrs. Fisher.

CREAM PIE.—Take 1 pint sweet milk, 3 eggs, 1 small cup sugar, 2 tablespoons cornstarch or flour ; beat sugar, yolks and starch together ; let the milk come to a boil and stir in the mixture, adding a teaspoon butter and a pinch of salt ; bake crust, fill with the custard, bake, spread on whites (previously beaten to a stiff froth with 2 tablespoons sugar), brown in quick oven.

Mrs. McIntosh.

LEMON PIE.—Rind and juice of 1 lemon, 1 cup sugar, yolks of 2 eggs, a small piece of

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butter, 2 tablespoons flour, 2 cups boiling water, boil all together ; keep whites of eggs for frosting.  
Mrs. Bender.

LEMON CHEESE.— $\frac{1}{2}$  lb. sugar, 2 ozs. butter, rind and juice of 2 large lemons, 2 eggs. Put the butter, sugar, grated rind and juice of lemons into a very clean pan ; allow it to cook over the fire, stirring gently until sugar is dissolved, set aside to cool a little, then add beaten eggs, stir over the fire till thick but do not allow it to boil or it will curdle, allow it to cool, put it into glass jars and it will keep for months. It is delicious for layer cakes and pies.  
Mrs. J. T. Richards.

COCOANUT PIES.—Put 1 cup cocoanut to soak over night in a coffee cup and fill with milk ; when ready to bake, take 2 teaspoons cornstarch mixed with a cup of milk or water ; place in a kettle of boiling water ; stir until thickened ; add 1 tablespoon butter while warm ; when cool add a little salt, yolks of 2 eggs,  $\frac{1}{2}$  cup sugar, then add the cocoanut ; beat all together, fill the crust and bake ; to be eaten fresh.  
Mrs. Geo. Kilgour.

PUFF PASTE.—Put 1 lb. flour into a dish and rub lightly into it  $\frac{1}{2}$  lb. fresh butter, add  $\frac{1}{2}$  teaspoon salt ; mix into a smooth paste with 2 eggs beaten into a scant  $\frac{1}{4}$  pint water ; roll the pastry out, give it 2 or 3 turns, and bake as soon as possible ; time to prepare 10 minutes.  
Mrs. D. R. Drever.

MINCEMEAT.—2 lbs. apples, 2 lbs. cur-

rants, 2 lbs. seeded raisins, 2 lbs. sultana raisins, 2 pounds suet, 2 pounds brown sugar, 1 lb. mixed candied peel,  $\frac{1}{4}$  lb. almonds, 4 nutmegs, 1 lb. figs,  $\frac{3}{4}$  bottle rum and 1 teaspoon each of spices; chop all the ingredients fine, mix well together, put in a jar, and pour the rum over it. Mrs. Bamford.

MINCEMEAT.—2 lbs. beef, 1 lb. suet simmered in just enough water to cover and salted, wipe thoroughly sound apples, remove cores, chop three times as much apple as meat by measure, chop meat and suet fine and mix together; add 4 heaping cups best brown sugar, 4 full spoons best mixed spice, grated rind and juice of 4 lemons, 2 cups molasses, 1 cup boiled cider, 1 cup apple, grape or cranberry jelly, the liquor the meat was boiled in, dash of pepper and salt to taste, 2 cups stoned and chopped raisins, 2 cups currants,  $\frac{1}{4}$  lb. citron,  $\frac{1}{4}$  lb. chopped almonds; mix all together, put in preserving kettle, bring to a boil and let simmer on back of range till well heated through and ingredients well assimilated, add salt and sugar if needed, if too dry add more jelly.

Mrs. Stirling.

CREAM PIE.—2 eggs,  $\frac{3}{4}$  cup sugar, 1 pint milk, 1 tablespoon cornstarch, flavoring to taste, put the milk on to boil, beat the yolks of eggs and sugar together, add the cornstarch, wet with a little cold milk, put in the hot milk and bring to a boil and add flavoring; have the shell baked,\* add the filling, and lastly



the whites beaten stiff with a tablespoon sugar.  
Mrs. Garrett.

CHOCOLATE PIE.— $1\frac{1}{2}$  cups sweet milk,  $1\frac{1}{2}$  tablespoons cornstarch, 1 egg; boil milk, add cornstarch and egg, when cooked add a little butter and sugar to sweeten,  $1\frac{1}{2}$  tablespoons grated chocolate.  
Mrs. A. McAuley.

LEMON BUTTER.—1 lb. white sugar,  $\frac{1}{4}$  lb. fresh butter, 6 eggs, juice and grated rind of 3 large lemons, remove the seeds and boil all together till thick as honey, stirring constantly; put in jars and seal.  
Mrs. D. R. Drever.

CREAM PIE.—2 eggs, 2-3 cups butter,  $\frac{1}{2}$  cup cream,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon cream of tartar; add flavoring and flour and then  $\frac{1}{2}$  cup melted butter.  
Louise Durant.

LEMON PIE.—Make crust as usual, cover pie tins and prick the paste so that it will not rise in the centre. If you have more than you need for this filling they will keep. Now make the filling as follows: For 2 pies take 3 lemons and grate the yellow of 2, be careful not to grate too close to the white as the white is bitter, squeeze the juice all out, add 1 cup sugar, 2 cups boiling water, a piece of butter the size of an egg, yolks of 3 eggs; when it boils add 4 tablespoons cornstarch made smooth with a little water or milk, when it boils take off the stove, fill your pie crust with this, beat the whites with a heaping spoon of sugar. Pour over the top of pies and brown in the oven.  
Mrs. W. Rowell.

CHEESE TARTS.—1 cup brown sugar, 1 cup butter, 2 eggs, thicken with currants and cook in shells in the oven. Mrs. F. McLean.

CURRENT FILLING FOR TARTS.—1 cup of granulated sugar,  $\frac{3}{4}$  cup currants, 1 egg, a little salt, butter the size of an egg.

Mrs. E. J. Bowyer.

CREAM PIE.— $\frac{1}{2}$  cup sugar, 1 tablespoon of butter creamed together, 2 eggs, 2 tablespoons flour, 2 cups milk, 2 teaspoons extract lemon.

Mrs. W. D. McIntyre.

LEMON PIE.—1 cup sugar, 1 lemon, rind and juice,  $\frac{1}{2}$  cup water, 1 tablespoon flour, 3 eggs, reserve white for tops, 1 teaspoon butter; this is very good and never a failure.

LEMON RAISIN PIE.—1 cup each of sugar, raisins and water, 1 lemon; chop lemon and raisins fine, cook in water 45 minutes and thicken with cornstarch.

CRANBERRY PIE.—1 cup cranberries cut in halves, 1 cup seeded raisins cut 4 times, 1 cup sugar, 1 of water, 1 tablespoon flour; cook  $\frac{1}{2}$  hour; bake between two rich crusts.

COCOANUT PIE.—1 cup cocoanut, 1 quart milk, boil and pour over the cocoanut; 2 teaspoons butter, 4 eggs, sugar to taste, flavor with vanilla or lemon; bake with under crust only.

SOUR CREAM PIE.—Beat yolks of 2 eggs; beat into one cup sour cream, 1 cup white sugar.

1 cup chopped raisins ; bake in an under crust and frost with 2 whites into which have been beaten 2 dessertspoons white sugar.

Mrs. M. Brownlee.

SWISS APPLE TART.—Soak some rusks in cold milk, beat with a fork, add 1 egg and sweeten to taste ; butter a dish, place a layer of sliced raw apples, then rusks, until the dish is full, rusks to come last, then scatter crumbs over top with some butter. Bake 45 minutes.

Mrs. Williamson.

CREAM PIE.—Bake the crust for pie first ; the filling is made of 2 cups milk,  $\frac{3}{4}$  cup white sugar, butter half the size of an egg, 1 tablespoon cornstarch, yolks of 2 eggs, flavor with vanilla ; beat the whites of eggs for the top ; when this is cold put it in the pie.

Mrs. Wm. Grayson.

CREAM PIE.—1 cup milk, 2 tablespoons sugar, 1 of cornstarch, yolks of 2 eggs, put the milk in a dish in a pot of hot water until it starts to boil, then stir in the mixture ; vanilla to taste.

Mrs. F. Doctor.

PUMPKIN PIE.— $1\frac{1}{2}$  cups stewed pumpkin, 2 tablespoons molasses,  $\frac{1}{2}$  cup sugar, 1 egg, 1 teaspoon ginger,  $\frac{1}{2}$  teaspoon cinnamon, a little nutmeg and a pinch of salt ; mix these ingredients well together then add  $1\frac{1}{2}$  cups of rich milk, and bake in a hot oven for  $\frac{1}{2}$  an hour or until pie is brown on top.

Mrs. Doctor.

MINCE MEAT.—2 lbs. chopped meat, 1 lb.



suet, 2 lbs. raisins, 2 lbs. currants, 1 tablespoon each cloves, cinnamon and allspice,  $\frac{1}{4}$  lb. mixed peel,  $1\frac{1}{2}$  lbs. sugar, as many apples as all the rest, 1 quart boiled cider.

Mrs. Wm. Lovel.

ORANGE PIE.—Grated rind and juice of 2 oranges, 4 eggs, 4 tablespoons sugar and 1 of butter, cream the butter and sugar, add the beaten yolks of eggs, the rind and juice of the oranges, and lastly the whites of the eggs whipped to a froth, and mix in lightly; bake with an under crust.

Mrs. S. Spicer.

CHOCOLATE PIE.—2 cups milk, boil and add the yolk of 1 egg,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  cup chocolate, 1 tablespoon cornstarch and a little vanilla.

Mrs. Jas. Campbell.

LEMON PIE.—1 lemon, juice and grated rind, 1 cup sugar, yolks of 2 eggs, 1 cup water, 1 heaping tablespoon cornstarch; let this come to a boil, stirring carefully to prevent burning, bake the pie crust first, pricking it well with a fork to keep it from blistering; put the filling in, and cover with a meringue made of the whites of 2 eggs and 1 tablespoon sugar, brown slightly in oven.

Mrs. Annable.

CHOCOLATE PIE.—6 tablespoons sugar, 4 tablespoons chocolate, 2 tablespoons flour, 1 cup hot water, yolks of 2 eggs and a piece of butter, whites for frosting.

Mrs. M. Johnson.

MOCK CHERRY PIE.—2 cups cranberries, 1 cup raisins chopped, 1 cup sugar, 1 cup water,

1 tablespoon flour, 1 tablespoön vanilla.

Mrs. S. R. Johnson, Rouleau, Assa.

CUSTARD PIE.—Take 2 eggs and beat them well, add 2 tablespoons sugar (I prefer the brown). A cup and a half of milk or enough to fill your pan; bake with an undercrust only; The white of one of the eggs will do for the frosting or if to be used fresh for tea use whipped cream over it.

Mrs. J. H. Craig, Rouleau, Assa.

BUTTERMILK PIE.—(Substitute for lemon pie).—Beat 2 eggs and a cup of sugar together, then add  $1\frac{1}{2}$  or 2 tablespoons of lemon extract or juice,  $1\frac{1}{2}$  tablespoons cornstarch or flour, 2 cups buttermilk; make crust the same as for a lemon pie and use the white of an egg for frosting. Mrs. J. H. Craig, Rouleau, Assa.

APPLE CUSTARD PIE.—Pare, core and stew enough apples for two pies; take the yolks of 3 eggs, beat and mix with apples, adding enough sugar to sweeten apples and a little nutmeg; bake with a crust the same as a custard pie; when done add the whites of the 3 eggs beaten together with a tablespoon of white sugar; let stand in the oven a few minutes to stiffen.

ORANGE PIE.—The juice and grated rind of 1 orange, 1 cup sugar, yolks of 3 eggs, 2 tablespoons flour wet with a little milk, 1 cup milk; bake with an under crust. For frosting. —Beat the whites of the eggs with 1 cup sugar;

put in oven and brown a few minutes.

Mrs. G. W. Armstrong.

TWO OSGOOD PIES — 4 eggs, 2 table spoons vinegar, 1 tablespoon cloves and allspice add 2 tablespoons butter, 2 cups sugar 1½ cups seeded and chopped raisins. Keep the whites of two eggs for icing.

M. A. Alexander.

BUTTER PIE.—Cover your tin with crust as for a custard pie, take a piece of fresh butter the size of an egg, 2-3 cup sugar, 1 cup sweet cream, 1 tablespoon flour; stir butter flour and sugar together, then stir in the cream pour in tins and lay straps of crust across. Bake until brown.

Mrs. Geo. Moth.

VINEGAR PIE.—1 cup molasses, 1 cup sugar, 1 cup vinegar, 1 cup flour, 3 cups water boil all together and let it cool; flavor with lemon, and make as you would a custard or tart pie.

Mrs. W. Forsyth.

ORANGE PIE.—The juice and grated rind of 1 orange, 1 cup sugar, yolks of 3 eggs, 2 table spoons flour; wet with a little milk; 1 cup of milk; bake with an under crust.

Mrs. G. W. Armstrong.

CREAM PUFFS.—1½ cups flour, 2-3 cup butter, ½ pint water; boil butter and water together; stir in flour while boiling; let it cool and add 5 well beaten eggs; drop on tins and bake in a quick oven; when cool fill with the following: 1 pint milk, 1 cup sugar, 2-3 cup



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**C**ornstarch, 2 eggs, beat sugar, eggs and starch together; stir in the milk while boiling; flavor with vanilla.

Mrs. F. A. Thompson.

**LEMON PIE.**—The juice of 1 lemon, also grated rind, 1 cup sugar, 1 cup hot water, butter the size of a walnut, yolks of 3 eggs; mix all together and bake the crust in oven; beat the whites and cover pie; brown in oven.

Mrs. Geo. Perry.

**RHUBARB PIE.**—Pour boiling water over 2 cups chopped rhubarb; drain off the water after 4 or 5 minutes and mix with the rhubarb a cup of sugar, the yolk of an egg, a piece of butter and a tablespoon of flour, moistening the whole with 3 tablespoons water; bake with the lower crust only and make a meringue of the white of an egg with 3 tablespoons sugar; spread over the top of the pie and return it to the oven to brown.

Mrs. Moorehouse.

**LEMON PIE.**—Grate the outside of lemon into bowl, add cup sugar, then squeeze the juice of 1 lemon, add yolks of 2 eggs, moisten in a bowl 2 tablespoons cornstarch, then add boiling water until quite thick; add to above mixture; cook for a few minutes.

Mrs. E. A. Barker.

**SOUR CREAM PIE.**—1 cup sour cream,  $\frac{1}{2}$  cup seeded raisins chopped fine,  $\frac{1}{2}$  teaspoon cinnamon, 1 cup sugar,  $\frac{1}{4}$  teaspoon cloves, 3 yolks eggs, 1 white of egg; bake like lemon pie using the whites of 2 eggs with 2 tablespoons sugar; put on after the pie is baked and



brown in oven. If not liked that way stir all three whites in together before baking.

Mrs. S. Foster.

MOCK CHERRY PIE.—Cover the bottom of a pie plate with paste, reserving enough for upper crust ; for filling use 1 cup cranberries cut in halves,  $\frac{1}{2}$  cup seeded raisins chopped in pieces,  $\frac{3}{4}$  cup sugar, 1 tablespoon flour, 1 lump of butter the size of a walnut ; bake 30 minutes in a moderate oven. Some like a little more sugar.

Mrs. S. Foster.

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# BREAD, BISCUITS, ROLLS.

*"Here is bread which strengthens a man's heart, therefore is called the staff of life."*—Matthew Henry.

**BREAD.**—To 2 quarts of warm water add 1 cup of yeast, 6 mashed potatoes, flour enough to make a stiff batter, add 1 tablespoon each of brown sugar and salt, beat well, set to rise in a warm place over night; then add flour enough to knead softly till it will not cling to the board; let it rise again, then knead into loaves; let rise again and bake 1 hour.

Mrs. D. R. Drever.

**YEAST.**—That will make bread in five or six hours; take 2 yeast cakes, soak in 1 pint water; then mix flour and make a light sponge; then add  $2\frac{1}{2}$  quarts more warm water, making about 4 quarts altogether; add 1 cup brown sugar,  $\frac{1}{2}$  cup salt, stir all together and put away in cool place; 1 quart of the yeast and 3 quarts warm water will make about 8 loaves of bread.

Mrs. R. H. Riddell.

**BIRD'S NEST TOAST.**—Toast the bread, then butter and salt it; have ready the beaten whites of as many eggs as you have pieces of bread and pile the whites on the bread, making in the centre an indentation similar to a bird's nest. In each indentation put the yellow of one egg, a little butter, pepper and salt; place

all in the oven long enough for the egg to set. It is well to slightly moisten the toast with boiling water before the egg is put on.

Mrs. A. R. Robinson.

**CURRENT BUNS.**—1 lb. flour, 3 teaspoons baking powder,  $\frac{1}{2}$  pint milk,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  lb. butter,  $\frac{1}{4}$  lb. moist sugar,  $\frac{1}{4}$  lb. sultanas or currants; thoroughly mix flour, salt, baking powder, sugar and fruit together; melt the butter in the milk and pour over the mixture, making into a nice dough; when the dough is made divide it into small pieces, shape into buns and bake in a hot oven on a greased tin; brush the buns over with an egg beaten up before putting into the oven. Mrs. A. Price.

**TEA ROLLS.**—To 1 quart flour take 1 tablespoon lard, 1 cup milk, 1 tablespoon salt, 4 even teaspoons of good baking powder; rub the lard into the flour, into which the baking powder has been sifted with the salt; add the milk, mix lightly, roll out and cut with a large round mold, turn one half over the other, glaze with milk and bake in a moderate oven for 20 minutes. Mrs. D. R. Drever.

**SCOTCH SCONES.**—1 lb. flour,  $\frac{1}{4}$  lb. butter,  $\frac{1}{4}$  teaspoon soda, the same of tartaric acid, a little salt; mix with milk, roll  $\frac{1}{2}$  inch thick, cut in large rounds, score with a knife into quarters; bake in a hot oven for about 20 minutes. Mrs. D. R. Drever.

**PLAIN SCONES.**—4 cups flour, 2 tablespoons carbonate soda, 4 teaspoons cream of tar-



tar, salt to taste,, 1 cup castor sugar and fruit; rub in the dry mixture 2 ozs. butter; then mix with  $\frac{1}{2}$  pint milk to a rather stiff paste; roll out lightly and cut in squares; bake 10 minutes in a moderate oven. Mrs. Butterworth.

TOGUS MUFFINS.—1 cup sweet milk, 1 cup sour milk,  $1\frac{1}{2}$  cups cornmeal,  $\frac{1}{2}$  cup flour,  $\frac{1}{4}$  cup molasses, 1 teaspoon soda,  $\frac{1}{2}$  teaspoon salt; steam in cups 2 hours. Mrs. S. Foster.

Sauce.—2 eggs, 1 tablespoon mixed mustard,  $\frac{1}{2}$  teaspoon salt, a piece of butter the size of an egg, 3 tablespoons vinegar, 1 tablespoon sugar; beat eggs, add mustard, salt, sugar, then butter and vinegar. Mrs. S. Foster.

QUICK SOFT ROLLS.—1 quart flour, 1-3 yeast cake dissolved in  $\frac{1}{2}$  cup water and a little salt; stir in a little in centre of flour and let it rise; then add 1 cup milk, 1 large tablespoon melted butter; stir with spoon mixing it thoroughly; when light drop on tins with a spoon; let it rise and bake 20 minutes in a very hot oven. Mrs. J. T. Richards.

CUP BUNS.— $3\frac{1}{2}$  cups sweet milk, 1 cup yeast, 1 cup butter, 1 cup sugar, 1 cup currants; let rise twice after mixing.

Miss Edith Gass.

GRAHAM MUFFINS.—Beat together 1 egg,  $\frac{1}{2}$  cup sugar, 1 large tablespoon butter; also 1-3 cup molasses and pinch of salt; sift 1 pint of white flour with a heaping teaspoon soda, add 1 quart Graham flour; mix with sour milk to

make a soft batter ; bake in muffin tins in a hot oven.

Mrs. L. E. Calder.

**POTATO YEAST.**—Take 4 large potatoes ; pare and cook, -mash fine and add 2 teaspoons salt, 2 teaspoons sugar ; stir well and when cool add one yeast cake that has been well soaked ; a little potato, salt and sugar may be added to this each time you bake. One-third of the above is enough for one common baking.

Mrs. Corning.

**GRAHAM BREAD.**—3 cups Graham flour, 2 cups wheat flour, 2 cups sour milk, 1 cup sweet milk, 1 cup sugar, sufficient soda to sweeten sour milk, 1 teaspoon salt ; let rise in tins until light, in a warm place.

Mrs. G. H. Whitlock.

**BROWN BREAD.**—Take 2 cups of light bread sponge, add 1 cup mashed potatoes, 1 cup corn meal porridge, 1 cup bread crumbs (soaked), 1 cup molasses and brown sugar mixed, a little salt ; mix stiff with half Graham and half white flour ; let stand till light ; put in the pans and let stand till risen again ; bake.

Mrs. Burnett.

**MILK ROLLS.**—Scald 1 pint milk ; when cool enough add 1 teaspoon salt, 1 tablespoon white sugar and the largest half of a yeast cake ; mix a sponge as you would for bread, let it rise over night ; in the morning add  $\frac{1}{2}$  cup melted butter and 2 tablespoons of sugar ; knead quite soft and let rise again ; then roll

out and put in tins; let rise pretty light, and bake in a moderate oven.

**CORN GEMS.**—1 egg, 1 cup corn meal, 1 cup white flour, 1 cup sweet milk, 4 tablespoons melted butter, 2 tablespoons sugar, 2 teaspoons baking powder; add melted butter last and bake in gem pans.

**BREAKFAST GEMS.**—1 cup of sweet cream, 1 egg, 1 cup flour,  $\frac{1}{2}$  teaspoon baking powder; fill gem pans and bake quickly.

**GRAHAM BREAD.**—1 cup buttermilk,  $\frac{1}{2}$  cup of brown sugar, 1 teaspoon soda, 2 cups Graham flour, 1 cup wheat flour and a pinch of salt.

**FRITTERS.**—2 eggs,  $\frac{1}{2}$  cup milk, 1 cup flour,  $\frac{1}{2}$  teaspoon baking powder, small teaspoon salt; beat until glossy; drop by a spoonful into hot lard and fry a nice brown; serve with maple syrup.

Mrs. J. E. Wheeler, Caron.

**RUSKS.**—Beat 2 eggs, add  $\frac{1}{2}$  cup sugar, 3 tablespoons butter, 1 cup sweet milk, 3 cups flour, 2 teaspoons baking powder; stir all together and bake in gem tins in a quick oven.

Mrs. Erwin.

**BUNS.**—6 ozs. flour, 6 oz. butter, 2 oz. moist sugar, 1 teaspoon baking powder, some currants and peel; mix all together with an egg and a little milk; drop in small pieces on a tin and bake in hot oven 10 minutes.

**LEMON BISCUITS.**—2 eggs,  $\frac{1}{2}$  cup lard, 1 cup sugar, 2 tablespoons of ammonia,  $\frac{1}{2}$  cup hot water; season with oil of lemon.

Mrs. W. Forsyth.



## CAKES.

*“ He that will have a cake out of the wheat must needs tarry the grinding.”—Shakespeare.*

**COFFEE CAKE.**—1 cup brown sugar, 1 cup butter,  $\frac{1}{2}$  cup molasses, 1 cup strong coffee, 2 eggs (beaten separately), 1 teaspoon baking soda, 2 teaspoons cinnamon, 1 teaspoon cloves, 1 cup seeded raisins, 5 cups flour; bake in moderately hot oven. Mrs. Geo. Perry.

**JERSEY LILY CAKE.**—The whites of four eggs beaten stiff and added last; 1 cup white sugar,  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{2}$  cup butter beaten to a cream with the sugar,  $1\frac{3}{4}$  cups sifted flour, 1 teaspoon baking powder, 1 teaspoon vanilla; put half the batter in a long tin; then add a layer of raisins chopped and floured; then  $\frac{1}{2}$  half cup chopped walnuts; then the rest of the batter. Mrs. D. Y. McNair.

**CURRENT CAKE.**—(English)— $1\frac{1}{2}$  cups butter, 2 cups sugar, 7 eggs, 1 teaspoon baking powder,  $\frac{1}{2}$  cup citron in small thin slices, the rind of an orange, peel very thin and cut in shreds, 2 cups currants washed and picked,  $1\frac{1}{2}$  pints flour, 1 teaspoon extract nutmeg; rub the butter and sugar to a white, light cream; add the eggs, 2 at a time, beating five minutes after each addition; sift the flour and powder together; add it to the butter, etc., with the cit-

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ron, orange peel, currants and the extract ; bake in a thickly paper lined tin ; bake  $1\frac{1}{2}$  hours in a moderate oven.

Mrs. W. Hinchey.

PLAIN FRUIT CAKE (very good)—3 eggs, 1 cup butter, 1 large cup sugar, 1 cup raisins, 1 cup currants, 1 cup sour milk, 2 cups flour, 1 teaspoon soda, 1 teaspoon spices, 1 teaspoon vanilla.

Mrs. F. J. Grobb.

BEEFSTEAK CAKE.—Yolks of 2 eggs, 1 cup brown sugar, 2 cups currants, 1-8 cup butter,  $\frac{1}{2}$  cup sour milk, 3 tablespoons blackstrap, 1 teaspoon of soda, 2 teaspoons baking powder ; spiced to taste.

Mrs. Con. Canty.

SPONGE CAKE.—Take 6 very fresh eggs, the weight of 5 of them in powdered sugar and of three in fine dry flour, rind of 1 lemon. Mode : Put the sugar into a shallow flat bottomed dish and break the eggs onto it, being careful to remove the white gummy part that will be seen on the yolk of each as this always makes the cake heavy ; add to this the grated rind of a small lemon and beat the whole for 20 minutes ; then sift in flour, stirring as lightly as possible till all is mixed in ; put into a well buttered tin and brisk oven immediately.

Mrs. Butterworth.

RICE CAKE.—6 eggs,  $\frac{1}{2}$  lb. ground rice,  $\frac{1}{2}$  lb. sifted sugar, a few drops of essence of lemon, beat 20 minutes ; bake in buttered shape.

Mrs. Butterworth.

SOFT GINGERBREAD.—1 cup brown sugar,

$\frac{1}{2}$  cup butter, 2 eggs not beaten, 1 cup syrup,  $\frac{1}{2}$  cup sour milk,  $\frac{1}{2}$  teaspoon baking soda, 1 dessert spoon of ginger,  $2\frac{1}{2}$  cups flour; bake slowly.  
Mrs. W. Hinchey.

MARBLE CAKE.— $\frac{1}{4}$  cup butter,  $\frac{3}{4}$  cup sugar,  $\frac{1}{4}$  cup sweet milk, 1 cup flour, 1 teaspoon baking powder, white of 2 eggs. Dark part:  $\frac{1}{4}$  cup butter,  $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  cup molasses,  $\frac{1}{4}$  cup sweet milk,  $1\frac{1}{4}$  cups flour, yolks of two eggs, 1 spoon baking powder; cloves, cinnamon and nutmeg.  
Mrs. W. Hinchey.

ANGEL CAKE.—Whites of 11 eggs,  $1\frac{1}{2}$  cups sugar, 1 cup flour, 1 teaspoon cream of tartar; sift well together, beat eggs until stiff; add the above; bake in a slow oven for 1 hour. Do not grease tins.  
Mrs. W. Hinchey.

FRUIT FILLING.—1 cup stoned raisins,  $\frac{1}{2}$  cup blanched almonds,  $\frac{1}{2}$  lb. figs,  $\frac{1}{2}$  lb. citron, all chopped fine; add enough frosting to make a soft paste.  
Mrs. Otto Wedman.

CHOCOLATE FILLING FOR CAKES. —Yolk of 1 egg,  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{4}$  cake chocolate, 1 cup sugar; flavor with vanilla; cook like custard.  
Mrs. Otto Wedman.

ONE EGG CAKE.— $\frac{1}{2}$  cup butter, 2 cups flour, 1 cup sugar, 1 cup sweet milk, 1 egg, 2 teaspoons baking powder; mix well and bake in hot oven.  
Mrs. Otto Wedman.

SOFT JUMBLES.— $1\frac{1}{2}$  cups sugar, 1 teaspoon soda, 1 cup sour milk or cream, three

cups flour, 2-3 cup butter, 3 eggs; flavor to taste; drop on greased tin and bake.

Mrs. Otto Wedman.

FT. ATKINSON GINGER BREAD.—1 cup molasses, 1 cup boiling water, 2 cups flour (heaped),  $\frac{1}{2}$  cup butter, 1 egg, 1 teaspoon soda, 1 teaspoon ginger, 2 tablespoons sugar.

Mrs. Otto Wedman.

ELLEN'S NUT CAKE.—2 small cups sugar, 4 tablespoons melted butter, 3 cups flour, 1 cup sweet milk, 3 eggs, 2 heaping teaspoons baking powder mixed in last cup of flour; bake in layers.

Mrs. Otto Wedman.

CUP CAKE.—2 cups butter, 4 eggs, 2 cups sugar, 1 heaping teaspoon baking powder,  $3\frac{1}{2}$  cups flour, 1 cup milk.

Mrs. Otto Wedman.

SUNSHINE CAKE.—11 whites of eggs, 6 yolks of eggs, 1 teaspoon cream of tartar,  $1\frac{1}{2}$  cups sifted granulated sugar, 1 cup flour, 1 teaspoon extract orange; beat whites till stiff and flakey, whisk in half the sugar; beat yolks very light and add flavor and half the sugar, put yolks and whites together and fold in flour and cream of tartar, mixing as quickly as possible; bake in slow oven.

Mrs. Otto Wedman.

ORANGE OR LEMON CAKE.—2 cups sugar, scant  $\frac{1}{2}$  cup butter, 2 cups flour, 2 teaspoons baking powder, 5 eggs (omit 1 white), grated rind of one orange,  $\frac{1}{2}$  cup orange juice, or if for lemon cake use  $\frac{1}{2}$  cup lemon juice.

Mrs. Otto Wedman.



DELICATE CAKE.— $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups sugar, 4 eggs (whites only), 2 cups flour, 1 teaspoon baking powder; flavor with almond, vanilla or lemon extract; makes 1 sheet.  
Mrs. Otto Wedman.

BUTTER FRUIT CAKE.—2 cups flour, 2 eggs, 1 cup brown sugar, 1 teaspoon soda, 1 cup sour cream, 1 cup chopped raisins, 1 cup chopped butternuts,  $\frac{1}{4}$  lb. citron cut very fine, 1 teaspoon each of cinnamon, cloves and nutmeg, 2 tablespoons molasses, butter the size of an egg.  
Mrs. Otto Wedman.

DROPPED DOUGHNUTS.— $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup sugar, grated rind of 1 lemon,  $1\frac{1}{2}$  cups flour, 1 egg beaten separately, 1-3 teaspoon salt, 1-3 teaspoon nutmeg, 1 heaping teaspoon baking powder; hold a teaspoon of batter close to fat and the doughnuts will come up in round balls.  
Mrs. Otto Wedman.

DOMESTIC FRUIT CAKE.—2 cups dried apples soaked over night, chop up in the morning and boil in whites of 6 eggs, 1 cup butter, 1 quart sweet milk, 4 cups flour, 4 nutmegs, 1 heaping teaspoon soda and 1 cup molasses, and 1 teaspoon each of all kinds of spices; boil 1 hour, then add 1 cup sugar, 1 cup sweet milk, 1 bowl raisins, or more if wanted rich.

Mrs. Otto Wedman.

DEVIL'S CAKE.—1 cup brown sugar,  $\frac{1}{2}$  cup butter, 2 cups flour,  $\frac{1}{2}$  cup sour milk, 2 eggs, 1 teaspoon soda.  
Mrs. L. A. Mapes.

CREAM FOR CAKE.—1 cup brown sugar,  $\frac{1}{2}$  cup sweet milk, 2-3 cups sugar ; boil this and mix with cake. Mrs. L. A. Mapes.

OATMEAL COOKIES.—1 cup sugar, 1 cup lard,  $\frac{1}{2}$  cup flour, 1 cup boiling water, 3 cups oatmeal, 3 teaspoons baking powder ; roll thin. Mrs. L. A. Mapes.

LEMON BISCUITS.—1 teaspoon oil of lemon, 2 cups white sugar, 1 cup butter, 2 eggs, 4 small tablespoons baking ammonia ; sift ammonia with flour, add sugar and mix, add shortening with 1 cup sweet milk, then the eggs ; mix stiff with flour, roll not too thin. Mrs. F. Lawrence.

BELFAST CAKE.— $\frac{1}{2}$  cup butter,  $1\frac{1}{2}$  cups sugar, 1 cup raisins, 1 egg without beating, 1 cup sour milk, 2 cups Graham flour,  $\frac{1}{2}$  cup white flour, 1 teaspoon soda,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  teaspoon salt, and nutmeg ; sift soda and spices with flour. Mrs. F. Lawrence.

WHITE FRUIT CAKE.—4 eggs, 1 cup butter, 2 cups sugar, 1 cup milk,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon cream of tartar ; fruit and spices to taste, flour to thicken. Mrs. F. Lawrence.

OATMEAL CAKES.—3 cups oatmeal, 2 cups flour, 1 cup shortening, 1 cup sugar,  $\frac{1}{2}$  cup cold water, 1 teaspoon soda ; mix oatmeal, flour, sugar and shortening well ; then add water ; roll thin and brown. Mrs. F. Lawrence.

GOLD CAKE.—1 1-3 cups sugar,  $\frac{1}{2}$  cup but-

ter, yolks of 4 eggs, 1 cup sweet milk, 3 tablespoons baking powder,  $2\frac{1}{2}$  cups flour; bake in a slow oven. Mrs. Geo. Kilgour.

JELLY ROLL.—1 cup of white sugar, 1 cup flour, 4 eggs, 1 heaping teaspoon baking powder; when done turn bottom side up, spread with jelly and roll while warm.

Mrs. R. R. Drever.

BRIDE'S CAKE.—3 lbs. flour,  $2\frac{1}{2}$  lbs. castor sugar, 6 lbs. currants, 1 lb. orange peel, 1 glass rum, 1 teaspoon ground nutmeg, 2 lbs. best butter, 20 eggs, 1 lb. citron peel, 1 lb. lemon peel,  $\frac{1}{4}$  ozs. volatile salts. Mode: Mix cream, butter, sugar and eggs together, adding the eggs 1 at a time, beating up briskly for 20 minutes; sift in the volatile salts and flour; add the currants, peel, rum and nutmeg; mix the whole ingredients well together and bake in hoops of different sizes, in cool oven; grease and line the tin with paper and time in baking according to size of cake. Miss Grundy.

GINGERBREAD.—2 eggs, 1 cup baking syrup, add  $\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup shortening, 1 cup sweet milk, 1 teaspoon ginger,  $\frac{1}{2}$  teaspoon baking soda, 1 teaspoon cream of tartar; flour enough so that it will pour into a shallow tin.

Annie Keys.

SHORT BREAD.—1 lb. flour,  $\frac{1}{2}$  lb. butter, 4 ozs. sifted sugar (brown). Method: Mix flour and sugar together on a board; if the butter is salt, wash it and squeeze it dry in the corner of a clean towel; put the butter on the



board with the dry ingredients and work the flour, etc. into the butter with the hands, kneading it well; after the flour is all worked into the butter, knead the whole a little, then shape out into a cake, pinch the edges of the cake; prick over the top of the short bread with a fork; ornament with strips of candied peel or large sweeties; lay the short bread on a greased tin and bake in a slow oven for about  $\frac{3}{4}$  hour till it is a pale brown; allow it to stand for a few minutes after it is taken out of the oven before lifting it off the paper; 2 ozs. of rice flour can, if desired, be substituted for the same quantity of flour. The cakes of short bread can be left plain if preferred.

Mrs. W. G. Bull.

GINGER CAKES.—2 eggs, 1 cup molasses, 1 cup sugar, 1 cup warm shortening,  $\frac{1}{2}$  cup boiling water, 1 tablespoon ginger, 1 heaping teaspoon soda; flour enough to roll.

Mrs. Geo. Kilgour.

SPANISH BUN.—1 cup brown sugar, 4 eggs, small cup butter, 1 cup sour milk, 1 teaspoon baking soda, dessertspoon mixed spices,  $\frac{1}{4}$  teaspoon ground nutmeg,  $\frac{1}{2}$  teaspoon cinnamon.

Mrs. R. H. Riddell.

DARK LAYER CAKE.— $\frac{3}{4}$  cup sugar,  $\frac{1}{2}$  cup buttermilk, 2 tablespoons melted butter,  $\frac{1}{2}$  cup molasses, 1 teaspoon cream of tartar, 1 teaspoon soda,  $1\frac{3}{4}$  cups flour. Mrs. Geo. Kilgour.

GINGER SNAPS.—2 cups molasses, 1 cup shortening, 1 cup sugar, 1 tablespoon ginger, 2

tablespoons soda,, dissolved in boiling water ; melt the shortening ; mix stiff ; roll out thin and bake in quick oven.

Mrs. M. J. McWilliams.

**DRIED APPLE CAKE.**—Soak 1 cup dried apples over night, in the morning add 1 cup baking molasses ; put them on to boil ; after cooking  $1\frac{1}{2}$  hours add one cup raisins chopped fine, 1 cup buttermilk, 1 cup butter, 4 eggs, 1 cup currants, then flour enough to make stiff ; bake slowly.

Mrs. M. J. McWilliams.

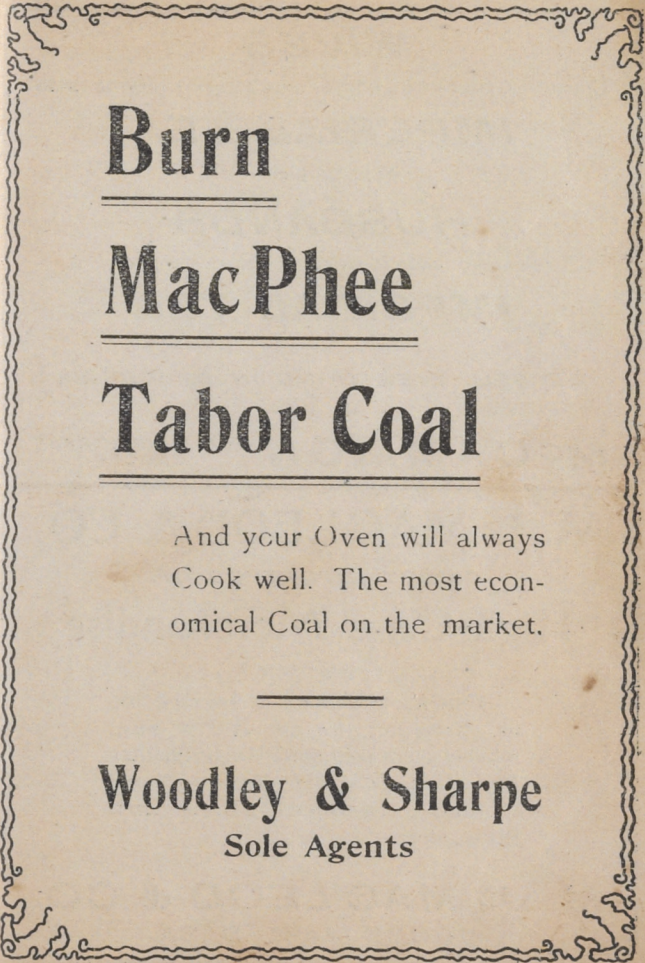
**SEED CAKES.**—2 lbs. flour, 1 lb. sugar, 14 ozs. butter, 1 tablespoon caraway seed,  $\frac{1}{2}$  pint milk, 2 tablespoons saleratus ; rub the butter, sugar and flour together, then add all the other ingredients ; knead all well together into a smooth dough ; roll out quite thin, cut with a round cutter, place them on tins and bake in a moderate oven. The quantity of milk in this, as in other hard cakes, appears small, but after kneading it a while will be found quite sufficient ; to add more would spoil them.

Mrs. W. G. Bull.

**GINGER SNAPS.**—1 cup molasses, 1 cup sugar, 1 tablespoon cinnamon, 2 teaspoons ginger ; put on the stove and boil ; take off and beat till cold ; then add 1 teaspoon soda, 1 tablespoon milk, and enough flour to roll thin.

Mrs. W. G. Bull.

**SULTANA CAKE.**—2 lbs. flour, 10 ozs. butter, 1 lb. castor sugar, 4 eggs,  $2\frac{1}{2}$  lbs. sultanas,  $\frac{1}{2}$  lb. cut lemon peel,  $\frac{1}{2}$  oz. cream of tartar,  $\frac{1}{2}$



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oz. bicarbonate of soda,  $\frac{3}{4}$  pint milk. The mode: Butter, sugar and eggs to be creamed together, eggs one at a time, cream for some minutes then sift in the flour, soda and cream of tartar; add the raisins and peel and mix all well together with the milk; bake in a square tin in a moderate oven about  $1\frac{1}{2}$  hours.

Miss Grundy.

PRINCE OF WALES CAKE.—Light part. Whites of 3 eggs, 1 cup white sugar,  $\frac{1}{2}$  cup corn-starch,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk 1 2-3 cups flour, 1 teaspoon cream of tartar and  $\frac{1}{2}$  teaspoon soda. Dark part: 1 cup brown sugar, yolks of 3 eggs, 1 tablespoon syrup,  $\frac{1}{2}$  cup butter, 1 cup raisins, 2 cups flour and 1 teaspoon soda.

Mrs. D. Moore.

HERMITS.—3 eggs, 1 cup butter,  $1\frac{1}{2}$  cups sugar, 1 cup seeded raisins (chopped), a little citron or lemon chopped fine, 1 teaspoon cloves, allspice and cinnamon; flour enough to roll out; cut in squares.

Mrs. D. Marlatt.

CHOCOLATE CAKE.— $\frac{1}{4}$  lb. grated unsweetened chocolate, 1 egg, 1 cup sugar, 1 cup water; put all together; boil until smooth, stirring constantly; do not put in egg until just before taking off the stove; when this is cold add 1 tablespoon vanilla, 2 eggs,  $\frac{1}{2}$  cup butter, 1 cup sugar, add chocolate mixture,  $\frac{1}{2}$  cup milk,  $2\frac{1}{2}$  cups flour and 2 teaspoons baking powder.

Mrs. R. E. Plaxton.

WHITE CAKE WITH YELLOW JACKET.—2 cups powdered sugar,  $\frac{1}{2}$  cup butter, 1 cup

sweet milk,  $2\frac{1}{2}$  cups flour, 2 teaspoons baking powder, whites of 4 eggs, flavor with vanilla; bake in a long pan. **Icing:** Yolks of 2 eggs, 1 tablespoon water; flavor to taste; mix egg and water with confectioners' sugar until thick enough to spread. Mrs. D. Marlatt.

**BROWN COOKIES.**—3 eggs, 2 cups brown sugar,  $1\frac{1}{2}$  cups shortening, 2 cups molasses,  $1\frac{1}{2}$  cups sour milk, 1 teaspoon each of ginger and cinnamon, 4 even teaspoons soda sifted in with flour; bake in a quick oven to a nice brown.

Mrs. Jos. McMillan.

**ROCKS.**— $1\frac{1}{2}$  cups granulated sugar, 1 cup butter, 1 cup chopped raisins, 1 cup dates, 3 eggs, 1 cup chopped walnuts, 1 teaspoon soda, 1 teaspoon cinnamon, 1 teaspoon cloves, 2 tablespoons water; mix all dry and drop in small pieces in greased baking tins.

Mrs. Erratt.

**HERMITS.**—2 cups sugar, 1 cup butter, 1 cup seeded raisins, chopped fine, 3 eggs, 1 teaspoon soda dissolved in sour milk, 3 tablespoons sour milk, 1 teaspoon cinnamon and nutmeg,  $\frac{1}{2}$  teaspoon cloves; mix soft and bake in rather quick oven. This will keep like fruit cake.

Mrs. Geo. Kilgour.

**OATMEAL COOKIES.**—1 cup sugar, 3 cups oatmeal 2 cups flour, 1 cup butter, 1 small teaspoon soda,  $\frac{1}{2}$  cup warm water; very nice with raisins.

Mrs. Foster.

**JELLY CAKE.**—2 eggs, a small piece but-



ter, 1 cup sugar, 1 cup flour, 1 cup milk ; season to taste ; 2 teaspoons baking powder ; stir baking powder in flour ; then eggs and pour in milk ; stir all together.

Mrs. Appley.

POUND CAKE.—1 cup butter, 1 cup sugar, 4 eggs beaten separately,  $1\frac{1}{2}$  cups sifted flour ; mix butter and sugar to a cream ; then put in yolks beaten light, the flour and whites last.

Mrs. N. T. Simpson.

ORANGE CAKE.—Whites of 4 eggs, 1 cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{2}$  cup cornstarch,  $1\frac{1}{2}$  cups flour, 3 teaspoons baking powder and juice of orange ; grate rind and put between cake in frosting.

Mrs. Erratt.

✓ TRILBYS.—1 egg, 1 cup lard or butter, 1 cup brown sugar,  $\frac{1}{2}$  cup sour milk, 2 cups rolled oats, 2 cups flour, 1 teaspoon soda. Filling : Stone and boil  $\frac{1}{2}$  lb. dates,  $\frac{3}{4}$  cup white sugar,  $\frac{1}{2}$  cup water ; bake in small cookies, and when done spread with filling and put two together.

Mrs. Erratt.

CREAM PUFFS.—1 cup flour, 1 cup water, 3 eggs, 2 tablespoons butter, 1 teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon soda ; boil water and butter, and while boiling stir in flour ; take from fire, stir in eggs gradually without beating them and drop on buttered tins to bake. Filling : 1 pint milk, 1 cup sugar, 2-3 cups flour, 2 eggs ; beat eggs, sugar and flour together, and stir in the milk while boiling ; when cool flavor with vanilla.

Mrs. D. Moore.

WHITE MOUNTAIN CAKE.—1 cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{2}$  cup cornstarch, 1 cup flour, whites of 6 eggs, a little vanilla, 2 teaspoons baking powder. Mrs. McIntosh.

DEVIL'S FOOD.— $\frac{1}{2}$  cup butter, 2 cups brown sugar, mixed together; then put in 2 eggs well beaten, and a half cup sour milk; grate in an ounce of chocolate, and dissolve it in half a cup boiling water; put soda in after chocolate; 2 teaspoons vanilla and 2 cups flour; bake in moderate oven. M. J. Donald.

RICE CAKE.—4 eggs, 7 ozs. white sugar,  $\frac{1}{4}$  lb. fine flour,  $\frac{1}{4}$  lb. ground rice,  $\frac{1}{4}$  lb. butter,  $\frac{1}{2}$  teaspoon lemon essence; beat the butter in a basin to a cream; add the sugar and beat white; then drop in 1 egg at a time and beat smooth; after all eggs are dropped in continue beating for 20 minutes; add gradually the flour and ground rice, and beat 10 minutes longer; add the flavoring; put into a papered cake tin and bake gently till done. Mrs. Adelaide Branch.

LEMON BISCUIT.—1 cup lard or butter,  $2\frac{1}{2}$  cups white sugar, 1 pint sweet milk, 2 eggs beaten separately, 5c. worth oil of lemon, 5c. worth pulverized baking ammonia; dissolve the ammonia in part of the milk; mix the above quite stiff, and roll out  $\frac{1}{4}$ -inch thick; mark with knife and cut when done; put flour over pans and then put paper in the bottom; pick with fork before putting in oven. Mrs. Erratt.

SOFT COOKIES.—1 heaping cup butter,  $1\frac{1}{2}$  cups sugar, 2 eggs, 3 tablespoons sour milk, 1

small teaspoon soda,  $\frac{1}{2}$  a nutmeg, as little flour as will roll them out; do not roll them thin; sprinkle over with sugar before cutting out and press it in slightly with the rolling pin.

Mrs. W. Young.

LAYER CAKE.—1 egg, 1 cup sugar, 1 cup milk, sufficient flour to make batter not too stiff, 2 teaspoons baking powder, flavoring to taste.

Mrs. Thoroughgood.

MADERIA BUNS.—1 lb. flour, 6 oz. butter, 2 eggs, 6 oz. lump sugar, 1 teaspoon powdered ginger, 1 dessertspoon caraway seeds, a little nutmeg, a wine-glass of sherry, salt. Mode: Mix the dry ingredients together; beat eggs and butter to a cream; then add to the flour, etc., and beat  $\frac{1}{2}$  hour; lastly add the wine. Sufficient to make 12 buns; seasonable at any time.

Mrs. T. Forest.

RAISIN CAKE.— $1\frac{1}{2}$  cups sugar, 2-3 cups butter, 2-3 cups milk, 3 cups flour, 1 cup chopped raisins, 3 eggs,  $1\frac{1}{2}$  teaspoons baking powder; bake as a whole or in sheets.

Mrs. H. Hunter.

BACHELOR CAKE.— $1\frac{1}{2}$  lbs. flour, 1 lb. sugar pounded,  $\frac{1}{2}$  lb. butter,  $\frac{3}{4}$  lbs. each of currants and raisins, bicarbonate of soda, a very little tartaric acid, 2 teaspoons cinnamon, 1 teaspoon ginger, half a nutmeg. Method: Beat sugar and butter together for  $\frac{1}{4}$  an hour before the fire, stone the raisins and cut them in two, wash the currants, and dry them, dry the flour well, add fruit to



butter and sugar, mix thoroughly, then add the eggs and  $2\frac{1}{2}$  cups buttermilk in which the soda and acid have been dissolved; stir all well and pour in a papered tin and bake in a moderate oven 3 hours. Mrs. W. C. Goudie.

PORK CAKE.—1 lb. fat port, chopped very fine, 1 lb. raisins, 9 cups flour, 1 pint warm water, 3 cups sugar, 1 cup molasses, 1 tablespoon of spices (except cloves), of which take a teaspoonful, 1 teaspoon soda; if the pork is fresh, add 1 teaspoon salt. Mrs. John Campbell.

WELSH CHEESE CAKES.— $\frac{1}{2}$  lb. short crust, 3 oz. butter,  $\frac{1}{4}$  lb. flour, 3 or 4 drops essence of lemon, 3 oz. castor sugar,  $\frac{1}{4}$  teaspoon baking powder, a little raspberry jam, 2 eggs; beat the butter and sugar together to a cream, add the eggs and flour alternately; beat well for ten minutes; then add the baking powder and flavoring; line patty tins with pastry and put a small quantity of jam in each and a teaspoon of the mixture on the top; bake in a quick oven from 15 to 20 minutes. The above makes a nice pudding to be eaten hot or cold; line the dish with the pastry, make a double edge, have the dish greased bottom and sides, but the edges must be moistened with cold water; spread in the jam, then the mixture; bake in a moderate oven  $\frac{3}{4}$  hour. Half the above quantities will fill one pint pie dish. Mrs. J. F. Richards.

OATMEAL CAKES. — Take 2 cups of oatmeal, 1 of flour,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup butter, 1

teaspoon baking powder,  $\frac{1}{2}$  a nutmeg ; mix these well, then add sweet milk and flour to roll out in cakes and bake in a moderate oven.

Mrs. Butterworth.

**MARBLE CAKE.**—Light part :  $1\frac{1}{2}$  cups white sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon cream of tartar, whites of 4 eggs,  $2\frac{1}{2}$  cups flour. Dark part : 1 cup brown sugar,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sour milk,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon cream of tartar, yolks of 4 eggs,  $\frac{1}{2}$  teaspoon ground cloves, allspice, cinnamon and nutmeg,  $2\frac{1}{2}$  cups flour.

Mrs. F. Lawrence.

**QUISSET CAKE**— $\frac{1}{2}$  cup butter rubbed to a cream with  $1\frac{1}{2}$  cups sugar ; add yolks of 3 eggs well beaten with 2 tablespoons milk,  $1\frac{1}{2}$  cups flour (heaped), in which has been sifted two level teaspoons baking powder,  $\frac{1}{2}$  cup milk, 6 tablespoons chocolate melted over hot water, and lastly whites of three eggs ; bake in 2 narrow loaves. Frosting : 2 cups granulated sugar,  $\frac{3}{4}$  cup milk, 1 oz. butter ; boil 15 minutes ; beat till thick ; spread while warm. Is best after third day.

Mrs. Otto Wedman.

**RASPBERRY ROLLS.**—2 eggs, 2 ozs. flour, raspberry jam, 2 ozs. castor sugar,  $\frac{1}{4}$  teaspoon baking powder, 1 teaspoon milk, 4 drops essence lemon ; put the eggs and sugar into a basin ; beat briskly for 10 minutes ; mix the flour and baking powder together on a plate, add gradually to the eggs sugar and milk ; pour into a dripping tin greased and lined with paper ;

bake at the top of a hot oven 5 to 7 minutes; spread piece of kitchen paper on a board, shake sugar over, turn the cake onto this, tear off the greased paper, cut off the edges all round and spread the jam over slightly warmed; roll up quickly; cut across the middle.

Mrs. J. F. Richards.

SPANISH BUN.—2 cups sugar, 2 cups flour,  $\frac{1}{2}$  cup butter, 4 eggs; keep whites of two for icing; 1 teaspoon baking powder, 2 tablespoons cinnamon.

Mrs. B. Holdsworth.

FRUIT CAKE.—1 lb. butter, 1 lb. flour, 9 eggs, 3 teaspoons cinnamon, 2 teaspoons mace, 1 cup molasses, 2 lbs. currants, 3 lbs. raisins,  $\frac{1}{4}$  lb. lemon peel,  $\frac{1}{4}$  lb. citron peel,  $\frac{1}{2}$  lb. almonds.

Mrs. B. Holdsworth.

VARIETY CAKE.—White part: 1 cup sugar,  $\frac{1}{2}$  cup cornstarch, 1 cup flour,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk, whites of 3 eggs, 1 teaspoon soda, 2 teaspoons cream of tartar. Dark part:  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup sour milk,  $1\frac{1}{2}$  cups flour, 1 cup currants, yolks of 3 eggs, 2 tablespoons molasses, 1 teaspoon soda, 1 teaspoon each cloves, cinnamon, nutmeg; bake each part in 2 layers and put jelly between.

Mrs. B. Holdsworth.

ROLL JELLY CAKE.—1 cup sugar, 1 cup flour, 3 eggs, 1 teaspoon baking powder; bake in a shallow pan and spread with jelly; roll while hot.

Mrs. B. Holdsworth.

LUNCH CAKE.—1 cup sugar, 1 egg,  $\frac{1}{2}$  cup



butter, 1 cup sour milk, 2 cups flour, 1 cup chopped raisins,  $\frac{1}{2}$  cup currants, 1 teaspoon soda, a little nutmeg; bake slowly for 1 hour.

Mrs. W. Hinchey.

DATE CAKE.—1 cup brown sugar, 1 cup oatmeal, 1 cup sour milk, 1 teaspoon baking powder, 1 egg, 1 tablespoon butter, 1 lb. dates (chopped), flour to suit. Mrs. L. A. Mapes.

RICH FRUIT CAKE.— $1\frac{1}{2}$  lbs. butter, 20 eggs,  $2\frac{1}{2}$  lbs. sugar (half to be New Orleans), 4 lbs. stoned raisins, 5 lbs. currants, 1 lb. citron, 1 lb. lemon cut very fine, 2 lbs. sifted flour, 1 lb. almonds, 2 nutmegs, mace, as much in bulk as a nutmeg; every kind of spice according to judgment, 15 drops of oil of lemon in half a cup of alcohol, 2 teaspoons soda.

Mrs. J. B. Beesley.

STRAWBERRY CAKE.—1 cup sugar,  $\frac{1}{2}$  cup butter, 2 eggs beaten separately, whites stiffly beaten, folded in last, 1 cup canned strawberries (fruit and juice), 1 teaspoon soda, dissolved in 2 tablespoons of sour milk, 2 cups flour,  $\frac{1}{2}$  teaspoon cinnamon, a few chopped raisins; bake in layers; lovely for ice cream.

Mrs. F. H. Cochrane.

COCOANUT PUFFS.—The whites of 3 eggs, 1 cup sugar, 1 teaspoon flavoring, 1 tablespoon cornstarch, 2 cups cocoanut; beat the whites well; add sugar; beat over steam until a crust forms on bottom and sides of dish; take off steam; add other ingredients and drop in small pieces

on buttered tins ; bake rather quickly to light brown.  
Mrs. R. Doran.

**FRUIT LOAF.**—6 eggs, 2 cups granulated sugar, 1 large cup butter, 2 lbs. raisins, 2 lbs. currants,  $\frac{1}{2}$  lb. mixed peel, 1 tablespoon each of cinnamon, cloves and any other essence, 10 cents worth of almonds, 3 teaspoons baking powder.

Mrs. J. A. McDonald.

**CHOCOLATE CAKE.**— $1\frac{1}{2}$  cups sugar, 1 cup milk, 2 cups flour, a piece of butter the size of a small egg, 1 egg, 2 teaspoons baking powder. Icing : White of 2 eggs, 1 cup sugar,  $\frac{1}{2}$  cup chocolate.

Mrs. D. McIsaac.

**JOE'S CAKE.**—2 cups sugar,  $\frac{1}{2}$  cup butter, 2 eggs,  $\frac{1}{2}$  cup raisins (chopped fine),  $\frac{1}{2}$  cup currants, a little lemon peel, 1 teaspoon essence of lemon,  $\frac{1}{4}$  cup milk, 2 teaspoons baking powder, 3 cups flour.

Mrs. D. McIsaac.

**WHITE COOKIES.**—2 cups sugar, 2 eggs, 1 cup lard,  $1\frac{1}{2}$  cups sour milk, 1 teaspoon soda, 1 teaspoon baking powder, a little salt ; flavor to taste.

Mrs. D. McIsaac.

**SEED CAKE.**—1 lb. flour, 1 lb. white sugar,  $\frac{1}{4}$  lb. orange peel,  $\frac{1}{4}$  lb. lemon peel,  $\frac{1}{4}$  lb. citron peel, 8 to 12 eggs, 10 oz. butter,  $\frac{1}{2}$  lb. almonds, 6 drops oil of cinnamon, 20 drops oil of lemon ; bake  $2\frac{1}{2}$  hours.

Mrs. Willoughby.

**SPANISH CREAM.**— $\frac{1}{2}$  box Cox's gelatine to soak in 1 quart milk ; beat yolks of 3 eggs light ; add small cup sugar, bring just to a boil ; add

teaspoon vanilla and white of egg beaten to a stiff froth; fold carefully in; do not cook after the whites go in; turn into molds and set away to cool; serve with cream. Mrs. Willoughby.

**COCOANUT MACAROONS.**—Whites of 3 eggs, 1 cup of cracker dust,  $\frac{1}{2}$  lb. cocoanut,  $\frac{1}{2}$  lb. powdered sugar, 1 teaspoon lemon of almonds; beat whites to stiff froth and mix in lightly the sugar, cocoanut and biscuit crumbs.

**FRUIT CAKE.**—2 cups sugar, 1 cup molasses,  $1\frac{1}{2}$  cups butter, 1 cup milk, 5 eggs, 1 teaspoon soda, 1 teaspoon each of mace, cinnamon, cloves and allspice, 1 nutmeg, 4 cups flour,  $1\frac{1}{2}$  lbs. chopped raisins, 1 lb. currants, 1 cup chopped walnuts, 1 cup chopped citron.

Mrs. Wm. Flynn.

**CHRISTMAS CAKE.**— $\frac{3}{4}$  lb. butter, 1 lb. sugar, 8 eggs, 2 lbs. chopped raisins,  $2\frac{1}{2}$  lbs. currants,  $\frac{1}{2}$  lb. lemon peel, 1 lb. flour, 1 grated nutmeg,  $\frac{1}{2}$  gill alcohol, 1 teaspoon essence of lemon,  $2\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{4}$  lb. chopped almonds. This makes a very rich cake.

Mrs. Wm. Gregg.

✓ **RASPBERRY CAKE.**—3 eggs, 1 cup brown sugar,  $\frac{3}{4}$  cup butter, 1 cup stewed raspberries, 1 tablespoon sour milk, 1 teaspoon soda, a pinch of salt, 1 teaspoon cinnamon,  $\frac{1}{2}$  grated nutmeg,  $1\frac{1}{2}$  cups flour

Mrs. Wm. Gregg.

**WALNUT CAKE.**—2-3 cups butter, 2 cups white sugar, 1 cup milk, 3 eggs, 3 cups flour, 3 teaspoons baking powder, 1 cup walnuts chop-



ped very fine. 1 lb. nuts is sufficient for a cake.

Mrs. Wm. Gregg.

ROLL JELLY CAKE.—3 eggs, 1 cup granulated sugar, 1 cup flour, 4 teaspoons boiling water, 2 teaspoons baking powder.

Mrs. Wm. Gregg.

TEA BISCUITS.—1 pint sifted flour, 2 level tablespoons butter, 2 level tablespoons of lard,  $\frac{1}{2}$  teaspoon salt, 4 level teaspoons baking powder, 1 cup milk.

Mrs. Wm. Gregg.

CORNMEAL GEMS.—1 cup cornmeal, 1 cup flour, a pinch of salt, 2 tablespoons sugar, 1 well beaten egg, 1 level teaspoon soda dissolved in one scant cup of buttermilk; sufficient to make 8 gems; bake in quick oven.

Mrs. Harrison.

GINGER BREAD.— $\frac{3}{4}$  cup butter, 1 cup sour milk, 1 cup sugar, 2 eggs,  $\frac{1}{2}$  cup syrup, 1 large spoon ginger, 1 teaspoon soda, 1 spoon vinegar or cream of tartar; flour to make a thin batter.

Mrs. F. McLean.

FRENCH LOAF.— $1\frac{1}{2}$  cups butter, 3 cups sugar, 6 eggs,  $2\frac{1}{2}$  cups milk, 6 cups flour, 1 small teaspoon soda, 10c. worth lemon peel, 2 lbs. raisins, 1 nutmeg; cream butter; add sugar and cream; add eggs and cream, half of milk and half of flour and beat; add rest of milk and flour and nutmeg and beat; soda last.

Mrs. Geo. Glasford.

CHRISTMAS CAKE.—2 cups butter, 3 cups

sugar, 7 cups raisins,  $4\frac{1}{2}$  cups currants, 1 cup figs, 8 eggs,  $\frac{5}{4}$  lbs. mixed peel,  $1\frac{1}{2}$  teaspoons each of mace, cloves and cinnamon, 1 cup almonds,  $\frac{1}{2}$  teaspoon soda,  $\frac{1}{4}$  cup honey, 1 cup cocoanut, 4 cups flour,  $1\frac{1}{2}$  teaspoons lemon or vanilla.

Mrs. Mitchell.

SPONGE CAKE.—1 teaspoon soda, 2 teaspoons cream of tartar, 1 tablespoon butter,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup sugar ; flour to make a nice batter.

Mrs. D. McLean.

ROCKS.—3 eggs,  $1\frac{1}{2}$  cups white sugar, 1 cup butter, 2 tablespoons warm water, 3 cups flour, 1 teaspoon soda, 1 teaspoon cinnamon, 1 teaspoon cloves, 2 cups chopped raisins, 1 cup chopped nuts ; mix eggs, butter and sugar together ; mix spices with flour ; drop from fork.

Mrs. Erratt.

BAKING POWDER BISCUITS.—1 pint flour, 4 teaspoons baking powder, 4 teaspoons drippings of lard, speck of salt, 1-3 as much moisture as flour ; sift flour, baking powder and salt together ; work lard with the fingers and put in the moisture ; roll carefully one way ; cut as twin biscuits ; flour pan.

Mrs. Erratt.

WHITE CAKE.— $\frac{1}{2}$  cup butter creamed with  $1\frac{1}{2}$  cups white sugar, 2 eggs beaten well together, 1 cup cold water, 2 teaspoons baking powder, 2 cups flour ; beat till creamy ; bake in a medium oven. Icing : 1 cup sugar,  $\frac{1}{4}$  cup cold water, boil until it threads, the white of a well beaten egg ; pour the hot syrup onto the egg, beating

all the time ; beat until cold, then add 1 tea-spoon flavoring.

Mrs. R. E. Baxter.

**SWEET BUNS.**—Take 1 cup bread sponge, add 1 cup luke warm milk, 2 eggs,  $\frac{1}{2}$  cup butter, 1 cup sugar, 1 cup currants, a little salt and spice if desired ; mix stiff and let rise over night ; next morning mold into buns as soon as light and bake in moderate oven.

Mrs. A. K. Grayson.

**CHEESE FINGERS.**—1 cup flour, 2 table-spoons parmesan cheese, or 4 tablespoons of ordinary grated cheese, 1 tablespoon butter,  $\frac{1}{2}$  tea-spoon baking powder, a pinch of salt and a dash of cayenne ; rub the butter into the flour and baking powder ; add cheese, etc : mix with cold water to a soft dough, roll out  $\frac{1}{2}$ -inch thick, cut in strips and lay in a greased pan and bake in a moderate oven till golden brown.

Mrs. C. A. W. Stunt.

**GOOD PLUM CAKE.**—1 lb. flour, 1 lb. currants,  $\frac{1}{2}$  lb. sultanas,  $\frac{1}{4}$  lb. candied peel,  $\frac{1}{4}$  lb. sugar,  $\frac{1}{2}$  lb. butter. 2 teaspoons baking powder, 4 eggs, 1 cup milk : beat butter to cream : add eggs well beaten : then milk : then all the dry ingredients together : beat for 5 minutes ; bake in a moderate oven about  $1\frac{1}{2}$  hours.

Mrs. J. Chivers.

**ICING.**—1 tea cup sugar. 3 teaspoons sweet milk : in clean sauceman put on back of stove till dissolved ; let boil 5 minutes from time it commences to bubble, stirring all the time : remove from the fire and beat to the consistency of a



cream ; if beaten too long it will set before it can be spread ; if not beaten long enough it will not set. The cake should be warm.

Mrs. J. T. Richards.

SUGAR ICING.—Mix a pinch or two of cream of tartar with about three dessertspoons of icing sugar, then mix with milk to a thickness that will spread nicely ; the whites of one egg or two may be beaten and added to make the icing richer, if desired.

Miss Grundy.

PLAIN BOILED ICING.— $\frac{1}{2}$  pint granulated sugar, scant  $\frac{1}{2}$  cup water ; boil until it will shred from the spoon, then pour it slowly over the white of 1 egg, beaten to a stiff froth ; beat until cooled a little before using. I often use a little more sugar and whites of 2 eggs.

Mrs. McIntosh.

PINEAPPLE FILLING.—Beat 1 cup cream until thick, sweeten with powdered sugar, and add  $\frac{1}{2}$  cup pineapple chopped ; spread between cake and on top.

Mrs. R. Robinson.

SNOW CAKES. — 1 pound flour,  $\frac{1}{4}$  pound lard,  $\frac{1}{4}$  pound sugar, 2 teaspoons cream of tartar, 1 teaspoon bicarbonate soda, 1 teaspoon salt, 1 egg,  $1\frac{1}{2}$  cups milk ; rub lard into flour ; add dry ingredients ; moisten with yolk of egg and milk ; put in greased tins ; bake  $\frac{1}{2}$  hour in a moderate oven ; spread with icing and scatter cocoanut on top.

Mrs. Butterworth.

VINEGAR LOAF.—2 lbs. flour, 1 lb. raisins,

$\frac{1}{2}$  lb. currants, 3 gills milk, 1 lb. sugar,  $\frac{3}{4}$  lb. lard or butter, 1 oz. candied peel, 1 oz. bicarbonate soda, a pinch of salt, 1 wine-glass vinegar.

Mrs. W. Clark.

**COCOANUT PUFFS.**—Beat the whites of 3 eggs to a stiff froth; add slowly 1 small cup granulated sugar and 1 tablespoon cornstarch; place mixture in a double boiler and cook fifteen minutes stirring constantly; then add two cups cocoanut and 1 teaspoon vanilla; drop on buttered tins in teaspoons and bake a delicate brown.

Mrs. H. Brodie.

**OATMEAL CAKES.**—3 cups rolled oats, 2 cups flour, 1 cup butter, 1 cup brown sugar,  $\frac{1}{2}$  teaspoon soda, 1 teaspoon cream of tartar, about  $\frac{1}{2}$  cup sweet milk and 1 cup chopped raisins if preferred.

Miss Belle Gass.

**DOUGHNUTS.**—1 cup sugar, 2 eggs, 2 tablespoons melted butter, 2-3 cup sweet milk, 2 even teaspoons cream of tartar, 1 even teaspoon soda, salt and nutmeg; flour enough to roll.

Mrs. Geo. S. Smith.

**GINGER BREAD.**—1 cup brown sugar, 1 cup molasses, 1 cup lard or pork dripping, 1 cup buttermilk, 4 eggs, 4 cups flour, 1 teaspoon soda, 1 tablespoon ginger, spice to taste; bake in a moderate oven.

Mrs. J. G. Bayne.

**LEMON BISCUITS.**— $2\frac{1}{2}$  cups white sugar,  $1\frac{1}{2}$  cups lard, 2 eggs, 1 teaspoon salt, 1 pint sweet milk, 5c. worth of oil of lemon and bak-

ing ammonia ; mix with flour as for cookies, and cut in soda biscuit shape.

Mrs. W. H. Powell.

VARIETY CAKE.—White part—1 cup white sugar, 1 cup flour,  $\frac{1}{2}$  cup cornstarch,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk, whites of 3 eggs, 1 teaspoon soda, and 2 teaspoons cream of tartar. Dark part :  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup sour milk,  $\frac{1}{2}$  cup flour, 1 cup currants, yolks of 3 eggs, 2 tablespoons dark molasses, 1 teaspoon soda, 1 teaspoon cinnamon, 1 teaspoon cloves and 1 teaspoon nutmeg ; bake each part in two layers ; put jelly or fruit between.

Mrs. J. Ford.

SCOTCH SHORT BREAD.—2 lbs. flour, 1 lb. fresh butter,  $\frac{1}{2}$  lb. sugar, 2 eggs.

LAYER JELLY CAKE.—1 cup sugar, butter the size of an egg, 1 cup milk, 2 teaspoons baking powder and flour enough to make a nice batter. Icing : 1 cup brown sugar, 2 tablespoons water ; boil until it strings from spoon ; then put in 2 teaspoons vanilla and butter the size of a walnut ; beat ; spread on cake.

Mrs. D. L. Moore.

➤ GINGER COOKIES WITHOUT SHORTENING.—2 cups brown sugar, 2 cups molasses, 4 eggs, 4 tablespoons vinegar, 2 tablespoons soda, 1 tablespoon ginger, flour enough to roll ; don't roll thin ; grease pans each time.

✓ HERMIT CAKE.—2 eggs,  $1\frac{1}{2}$  cups brown sugar, 4 tablespoons sour milk, 1 cup shortening,



1 teaspoon soda mixed in flour, 1 small teaspoon cinnamon, 1 teaspoon mixed spice, 1 cup currants.

**MOCHA CAKE.** — Butter size of an egg, 2 eggs, 1 cup sugar, 1 cup water, flour to thicken (not too thick), 2 tablespoons baking powder; cut cake in small squares, and butter on all sides with a paste made as follows: 1 cup icing sugar, 1 tablespoon butter, 3 tablespoons cream, 2 tablespoons vanilla; mix over fire; next roll in almonds previously blanched and browned and rolled.

**CHOCOLATE CAKE.**—1 egg,  $\frac{1}{4}$  cake grated chocolate,  $\frac{3}{4}$  cup milk, 1 cup sugar, boiled together and let cool; then mix 2 eggs, 1 cup sugar, 1 cup milk, butter size of 2 eggs; sift together 2 cups flour, 2 teaspoons baking powder; mix all together and bake in a square pan.

Mrs. Jas. Thompson.

**DELICATE CAKE.**—1 cup white sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk, 1 cup flour,  $\frac{1}{2}$  cup cornstarch, whites of 4 eggs, 1 teaspoon baking powder; bake in one tin; cream, butter and sugar; add milk, sift flour, cornstarch and baking powder together; add to mixture, and lastly put in the well beaten whites of the eggs and flavoring to suit. Icing: 1 cup sugar, add  $\frac{1}{2}$  cup water and boil until it threads; add 2 tablespoons grated chocolate, and pour over the white of 1 egg well beaten, beating constantly.

**GINGER SNAPS.**—Mix together in a deep pan, 1 pint molasses,  $\frac{1}{2}$  lb. butter or lard, a lit-

tle salt if the latter is used;  $\frac{1}{4}$  lb. brown sugar, 2 large tablespoons ginger, 1 teaspoon cinnamon, a little cayenne pepper, 1 teaspoon soda dissolved in a little warm water, flour enough to roll; knead till it leaves the hands clean, then beat hard with the rolling pin which makes it crisp; roll thin and bake in a moderate oven.

Mrs. D. R. Drever.

CHOCOLATE CAKE.—Beat 1 cup of butter and 2 cups of sugar to a cream; add the well beaten yolks of 4 eggs, put 1 teaspoon soda and 1 teaspoon salt into 4 cups sifted flour, then add flour to other ingredients with 1 cup sour milk, grate 5 oblong divisions of a cake of chocolate,  $\frac{1}{2}$  teaspoon cinnamon, 1 teaspoon vanilla; lastly add the stiffly beaten whites of eggs; bake in moderate oven 1 hour.

Mrs. E. C. Crystal.

DELICIOUS JOHNNY CAKE.—Put 1 large spoon sour cream in a cup, fill up with sour milk, add  $\frac{1}{2}$  cup sugar, 1 teaspoon salt, 1 teaspoon soda, 1 cup each Indian meal and flour, 1 egg; spread rather thin and bake,  $\frac{1}{2}$  hour.

Mrs. E. C. Crystal.

PORK CAKE.— $\frac{3}{4}$  cup brown sugar,  $\frac{3}{4}$  cup molasses, 1 cup raisins, 1 cup currants,  $\frac{1}{2}$  lb. fine chopped fat pork, pour over chopped pork 1 cup boiling water, 1 cup fine chopped peel; season to taste;  $\frac{1}{2}$  teaspoon baking soda, 1 teaspoon baking powder; flour to stiffen.

Mrs. Wm. McCauley.

FIG LAYER CAKE.—1 cup sugar, 3 table-

spoons butter, 1 egg and the whites of 2 and 2 teaspoons of cream of tartar ; bake in 3 layers. 2-3 cup of milk, 2 cups flour, 1 teaspoon soda. Fig paste : 1 cup sugar,  $\frac{3}{4}$  cup water, boil till thick like candy, test by dropping a little in water ; beat the white of 1 egg to a stiff froth, chop 8 figs very fine, take the sugar from the fire, cool, add the white of egg, beat 5 minutes, and then add the figs and ice the cake.

Mrs. Bamford.

FRUIT JELLY CAKE.—3 eggs,  $1\frac{1}{2}$  cups sugar,  $\frac{3}{4}$  cup butter, 1 teaspoon nutmeg, and 1 of cinnamon, 1 teaspoon soda,  $\frac{1}{2}$  cup sour milk, 2 cups chopped raisins, 2 cups flour ; put together with boiled icing.

Mrs. R. L. Slater.

SPONGE CAKE.— $\frac{3}{4}$  cup sugar,  $1\frac{1}{2}$  cups milk, 2 eggs, flour enough to make a thick batter, 2 teaspoons baking powder mixed in dry flour,  $\frac{1}{2}$  grated nutmeg,  $\frac{1}{2}$  teaspoon vanilla, a little cinnamon,  $\frac{1}{2}$  cup raisins,  $\frac{1}{2}$  cup currants, butter the size of 2 eggs.

Mrs. F. B. Kemp.

GOLD CAKE.— $\frac{1}{2}$  cup butter, 2 cups sugar,  $\frac{1}{2}$  cup milk, 3 cups flour, 3 teaspoons baking powder, yolks of 4 eggs. For the silver part use the same recipe only in place of the yolks use the whites of 4 eggs.

Mrs. D. J. Nicoll.

SPANISH BUN.—2 cups sugar, 4 eggs, 1 cup butter, 2 teaspoons baking powder, 1 teaspoon each of cinnamon, allspice, cloves ; 3 cups flour and 1 cup sweet milk ; frost when done.

Mrs. Fisher.



COOKIES.—1 egg well beaten, 2 cups sugar, 1 cup sweet milk, 3 teaspoons baking powder, 1 cup lard or butter, lemon or vanilla, a little salt; flour sufficient to roll. Mrs. McMicken.

NO EGG CAKE.—(original)—2 cups flour, 2 teaspoons baking powder, mix thoroughly; stir  $\frac{1}{2}$  cup butter and 1 cup sugar until soft; add the flour previously wet with 1 cup cold water; then stir in 1 cup currants,  $\frac{1}{2}$  cup peanuts cut fine,  $\frac{1}{2}$  cup minced mixed peel, 1 teaspoon cinnamon and cloves; bake slowly 1 hour.

Mrs. Jno. Marlatt.

CREAM CAKE.—1 cup sugar, 2 eggs, butter the size of an egg,  $\frac{1}{2}$  cup sweet milk,  $1\frac{1}{2}$  cups flour, 1 heaping teaspoon Pearl baking powder. Cream for same: Place on ice one cup very sweet thick cream; when very cold add 3 teaspoons pulverized sugar, 1 teaspoon vanilla; whip and put between the layers.

Mrs. Henry Bates.

SPONGE CAKE.—Beat 4 eggs, 2 cups sugar, 2 cups flour with 2 heaping teaspoons baking powder sifted in all together; then add a little lemon and 2-3 cups boiling water; beat well and bake in a hot oven.

Mrs. Henry Bates.

COOKIES.—3 eggs, 1 cup sugar, 1 cup butter, enough flour to roll; 2 teaspoons baking powder, 1 teaspoon salt and season with lemon to taste.

Mrs. Henry Bates.

CHRISTMAS CAKE.—4 cups sugar, 3 cups melted butter, 4 cups molasses, 2 cups sweet

milk, 10 eggs, 2 teaspoons soda, 2 teaspoons each of cinnamon, cloves, allspice, 2 nutmegs, 8 cups flour, 3 lbs. seeded raisins, 2 lbs. currants, 1 lb. mixed peel ; bake in a slow oven. Good.

Mrs. A. Smith.

FRUIT CAKE.—2 lbs. stoned raisins, 2 lbs. currants, 1 lb. butter, 1 lb. sugar,  $1\frac{1}{4}$  lbs. flour, 10 eggs, 1 tablespoon cloves, 1 tablespoon allspice, 1 grated nutmeg,  $\frac{1}{4}$  lb. sliced almonds, 2 ozs. candied lemon peel, 2 ozs. candied citron, 1 large cup molasses ; flour the fruit, using it out of what you weighed out for the cake ; put  $\frac{1}{2}$  teaspoon soda and 1 teaspoon baking powder with flour on the fruit ; 1 wineglass wine or brandy ; mix well and bake 3 hours.

Mrs. R. E. Plaxton.

WALNUT CAKE.—1 cup white sugar,  $1\frac{1}{2}$  cups butter,  $\frac{1}{2}$  cup milk, 2 cups flour, 4 eggs, 1 cup walnuts, 1 cup chopped raisins, 2 teaspoons baking powder ; beat them to a cream ; add the sugar gradually, and when light add the eggs well beaten ; then the milk, flour and baking powder ; mix quickly and then add raisins and nuts.

Mrs. A. Smith.

WALNUT CAKE.—1 cup butter, 2 cups sugar,  $\frac{1}{2}$  cup sweet milk,  $2\frac{1}{2}$  cups flour, 1 cup chopped raisins, 1 cup nuts, 4 eggs, 1 teaspoon cinnamon,  $\frac{1}{2}$  nutmeg ; beat the whites and yolks separately ; 3 tablespoons baking powder.

Mrs. E. H. Moorhouse

ROCKS.—2 eggs, 1 cup sugar, 1 cup butter,

1 nutmeg, 2 handfulls currants, 2 teaspoons baking powder, flour to thicken ; roll pieces to about the size of an egg and press down with a fork ; bake.  
Mrs. E. H. Moorhouse.

CREAM COOKIES.—1 cup sour cream,  $\frac{1}{2}$  lb. white sugar, 2 eggs, 1 teaspoon dissolved soda, flour to make enough dough ; spices and seeds may be added if preferred.  
Mrs. Corning.

SWISS ROLL.—4 eggs and their weight in sugar, put in basin and whisk together ; then add  $\frac{1}{4}$  lb. flour and a pinch of baking powder, mix well and pour out into a buttered tin, with buttered paper : bake lightly ; turn upside down on a sugared board ; spread with jam and roll lightly ; bake 20 minutes.

Mrs. C. L. Ruffell.

NUT COOKIES.—Yolks of 3 eggs, 1 cup brown sugar,  $\frac{1}{2}$  cup butter ; grate the outside of 3 lemons ;  $\frac{1}{2}$  teaspoon soda, 1 teaspoon cream of tartar, 1 cup walnuts chopped fine

Mrs. Ostrander.

NUT CAKE.—3 eggs, 1 cup sugar,  $\frac{1}{2}$  cup butter, 2 cups flour sifted, 2 teaspoons baking powder, a few drops vanilla, 1 cup chopped nuts (any variety preferred), add sufficient cold water to make a rather stiff batter and bake in a moderate oven ; ice with plain white icing and decorate with whole or chopped nuts.

Mrs. W. Cooper.

SPANISH BUNS.—1 egg and the yolks of three,  $\frac{3}{4}$  cup butter, 2 cups brown sugar, 1 cup



sweet milk,  $2\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  tablespoons mixed spices, 2 teaspoons baking powder.

Mrs. W. J. Glover.

**FRUIT CAKE.**—2 cups sugar,  $1\frac{1}{2}$  cups butter, 1 cup molasses, 1 cup sour milk, 5 eggs, 1 teaspoon soda, 1 teaspoon each of cloves, mace, cinnamon and allspice, 1 nutmeg,  $1\frac{1}{2}$  lbs. raisins, 1 lb. currants, lemon peel; mix flour into it until stiff; put into a tin lined with buttered paper; bake in a slow oven. Mrs. Thos. Gray.

**ROLL JELLY CAKE.**—3 eggs,  $1\frac{1}{2}$  cups brown sugar, 1 cup sweet milk, 2 cups flour, 1 teaspoon cream of tartar, 1 of soda, 1 teaspoon lemon. Miss E. Hudson.

**GINGER SNAPS.**—1 cup sugar, 1 egg,  $\frac{1}{2}$  cup syrup, 1 teaspoon ginger, 1 scant teaspoon soda, a little nutmeg,  $\frac{1}{2}$  cup shortening, 1 teaspoon cinnamon and 1 of salt if lard is used; mix sugar and shortening together before adding the other; mix stiff enough to roll and bake quickly. Mrs. S. Hudson.

**CAKE WITHOUT EGG.**—Beat together 1 cup butter and 3 cups sugar and when quite light stir in 1 pint of sifted flour; add to this 1 lb. seeded raisins chopped; then mix with a cup of sifted flour, 1 teaspoon cinnamon, 1 teaspoon nutmeg and lastly 1 pint of thick, sour cream in which a teaspoon of soda is dissolved; bake immediately in buttered tins 1 hour in moderate oven.

**LILY CAKE.**—Whites of 5 eggs,  $1\frac{1}{2}$  cups

granulated sugar, 1 cup cornstarch dissolved in 1 cup milk, 1 cup cocoanut, 1 cup butter,  $\frac{1}{2}$  cup flour, 2 teaspoons baking powder.

Mrs. M. Brownlee.

ROLLED JELLY CAKE.—3 eggs, yolks and whites beaten separately, nearly a teacup of sugar to yolks, 3 tablespoons sweet milk; then add whites, 1 cup flour, 1 teaspoon baking powder.

WALNUT CAKE.—2 cups sugar,  $\frac{1}{2}$  cup butter, 1 cup milk, 3 cups flour, whites of 4 eggs, 2 teaspoons baking powder; two cakes. Filling: 1 cup chopped walnuts,  $\frac{1}{2}$  cup sour cream,  $\frac{1}{2}$  teaspoon vanilla, 4 tablespoons pulverized sugar.

MUFFINS.—Cream 1-3 cup butter and gradually add  $\frac{1}{4}$  cup sugar and a pinch of salt; add 1 egg beaten light,  $\frac{3}{4}$  cup milk and 2 cups flour, 4 level teaspoons baking powder; bake 25 minutes in hot buttered jam pans.

RASPBERRY CAKE.— $\frac{1}{2}$  cup butter, 2 eggs,  $\frac{3}{4}$  cup white sugar, 1 cup raspberries, 2 small cups flour, 1 teaspoon soda, 1 tablespoon buttermilk or sour cream.

Mrs. M. Hallett.

RAISIN CAKE.— $1\frac{1}{2}$  cups sugar, 1 cup milk,  $\frac{1}{2}$  cup butter, 3 cups flour, 4 teaspoons baking powder, 4 eggs; beat whites and yolks separately and flavor to taste; bake in long tins, spread thickly with raisins after it is in tins; turn raisined sides together and fill with frosting.

SOFT CHOCOLATE FILLING.—Dissolve  $\frac{1}{2}$  cake chocolate in  $\frac{1}{2}$  pint boiling water; then add

slowly : 1 teaspoon cornstarch dissolved in a little milk, 1 teaspoon sugar ; when it comes to a boil, set out and let cool ; then spread between and on cake.

Miss B. Hallett.

SWISS ROLL—Take 2 oz. flour, 3 ozs. castor sugar, 2 eggs, 1 teaspoon baking powder ; put all into a basin, mix quickly, spread on a tin lined with rather stout paper, and bake in rather quick oven ; turn out on paper strewn with sugar, spread quickly with jam and roll up.

Mrs. J. Hallam.

FRIED JUMBLES.—2 eggs, 1 cup sugar, 4 tablespoons butter ; rub to a cream ; 1 cup sweet milk, 1 teaspoon soda, 2 teaspoons cream of tartar, 4 cups flour or enough for soft dough ; cut in rings ; season to taste with nutmeg.

Mrs. J. R. Riddell.

CORNMEAL GEMS.—1 cup cornmeal,  $\frac{1}{2}$  cup flour,  $\frac{1}{4}$  cup sugar, 1 teaspoon cream of tartar ; mix well together and moisten with 1 cup of cream in which has been dissolved  $\frac{1}{2}$  teaspoon soda ; beat well and stir in well beaten egg ; bake in gem pans in a hot oven.

Mrs. J. H. Wellington.

POTATO PAN CAKES.—Grate 6 large potatoes and cut 1 onion into small pieces ; add 3 eggs well beaten, 3 tablespoons flour, and salt to taste ; stir well and fry in lard.

Mrs. Geo. Crapper.

MUFFINS.—3 cups flour, 2 teaspoons baking powder, 3 eggs, 2 tablespoons melted butter,



1 pint sweet milk, a little salt ; sift flour and baking powder together ; stir in eggs and butter ; then add milk ; bake in rings in a quick oven.

Mrs. Heasman.

GINGER COOKIES.—1 cup brown sugar, 1 cup molasses, 1 cup shortening,  $\frac{1}{2}$  cup hot water, 1 tablespoon ginger, 1 small teaspoon soda ; flour to roll.

SEED CAKE.—3 cups flour, 1 full cup sugar,  $\frac{1}{2}$  cup butter, 3 eggs,  $\frac{1}{2}$  cup milk, 1 level teaspoon soda, 2 level teaspoons cream of tartar ; caraway seed.

Mrs. I. L. Woodley.

GINGER SNAPS.—1 cup each of sugar, butter and molasses, 1 tablespoon ginger, 1 teaspoon each cinnamon, nutmeg and soda ; flour to roll.

Miss Fletcher.

DEVIL'S CAKE.—3 eggs,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup milk,  $2\frac{1}{2}$  cups flour ; boil 2 cups brown sugar and 1 cup chocolate until thick ; cool and then put in cake batter and lastly add  $1\frac{1}{2}$  teaspoons soda.

• GENUINE GINGER SNAPS.—3 ~~le~~ cups molasses and 1 of butter, 2 teaspoons soda and 1 of ginger ; boil the molasses and put in the soda and butter ; while hot pour it in flour and knead stiff ; roll thin, cut in cakes and bake in a moderate oven.

E. J. Bowyer.

COCOANUT CAKE.—3 eggs, reserve the white of 1 for filling, 1 cup sugar,  $\frac{1}{2}$  cup cocoanut, 1 teaspoon vanilla,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup

sweet milk,  $1\frac{1}{2}$  cups flour ; bake in 3 layers and use cocoanut filling. Mrs. J. McClelland.

JAM CAKES.—3 eggs,  $\frac{1}{2}$  cup butter, 1 cup jam, 1 cup sugar,  $1\frac{1}{2}$  cups flour, 3 tablespoons sour milk, 1 teaspoon baking soda,  $\frac{1}{2}$  teaspoon cream of tartar, spice to taste ; bake in 3 layers. Filling : 1 cup sugar, 7 teaspoons water ; boil till thick ; stir into the white of 1 egg ; beat well and use at once. Mrs. J. McClelland.

COFFEE CAKE.— $\frac{1}{2}$  cup butter, 1 cup brown sugar, 1 cup molasses, 1 cup coffee boiled strong, 1 beaten egg, 4 cups flour, 1 teaspoon baking powder, 1 tablespoon cinnamon, 1 teaspoon cloves, 2 lbs. seeded raisins. Miss. D. McCargar.

OATMEAL COOKIES.—2 cups flour, 3 cups oatmeal, 2 cups brown sugar, 2 cups butter, 1 teaspoon salt, 1 teaspoon soda, 3 well beaten eggs ; mix all together ; roll thin and bake in a quick oven. Mrs. W. D. McIntyre.

WEDDING CAKE.—Very rich.—The finest and nicest flour, 5 lbs. ; 3 lbs. very nice butter, 5 lbs. nicely washed, dried and dredged English currants, 2 lbs. sifted loaf sugar, 1 lb. sweet almonds, blanched, 2 nutmegs,  $\frac{1}{4}$  oz. mace,  $\frac{1}{8}$  oz. cloves,  $\frac{1}{2}$  lb. each lemon and orange peel (nice), 16 fresh eggs. If made into 2 cakes it will take 4 hours to bake them, as the oven must be very hot.

FRUIT CAKE.—that will keep for months. 1 cup each of butter, sugar, molasses and sweet milk, 4 cups currants, 8 eggs, 2 teaspoons bak-

ing powder,  $\frac{1}{2}$  lb. chopped citron, 2 grated nutmegs, cinnamon to taste ; bake 2 hours.

COFFEE CAKE.—1 cup each of brown sugar, cold strong coffee, butter, molasses, 3 eggs, 2 cups raisins, 2 teaspoons baking powder, 2 cups flour.

CORN CAKE.—1 cup cornmeal, 1 cup flour,  $\frac{1}{2}$  teaspoon salt, 1 tablespoon sugar, 2 teaspoons baking powder, sift powder with flour, put in sugar and salt mixed with sweet milk to a thin batter ; lastly add 2 tablespoons melted shortening.  
Mrs. Mair.

COOKIES.—2 eggs, 1 cup butter, 1 cup sugar,  $\frac{1}{2}$  teaspoon soda, flour enough to make a dough ; roll thin and bake quickly.

Mrs. Mair.

GINGER BREAD.— $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup butter,  $2\frac{1}{2}$  cups flour,  $\frac{1}{2}$  teaspoon ginger, 1 large teaspoon soda.

Mrs. Mair.

SUPERIOR GINGER BREAD.—1 cup brown sugar, 1 cup butter, 1 cup sour milk, 1 cup molasses, 4 cups sifted flour, 1 tablespoon ginger, 2 teaspoons soda dissolved in a little water, 2 eggs, 2 cups raisins spiced to taste ; put soda in last when cake is well mixed.

Mrs. Jas. Johnson.

COOKIES.—2 eggs, 1 cup sugar, 1 cup butter,  $\frac{1}{2}$  teaspoon soda and flour enough to make a dough ; roll thin and bake quickly.

Mrs. Annable.



CORN MUFFINS.—1 cup sugar, piece of butter the size of an egg, 2 eggs, 1 cup sour milk, 1 small teaspoon soda, 1 small teaspoon baking powder, 1 cup flour,  $1\frac{1}{2}$  cups cornmeal; bake in muffin tins.  
Mrs. N. Bellamy.

GINGER SNAPS.—2 eggs, 1 cup brown sugar, 1 cup molasses, 1 cup melted butter, 2 teaspoons ginger, 2 teaspoons soda, pinch cayenne pepper, enough flour to roll; bake in quick oven.  
Mrs. A. Louhead.

DOLLY VARDEN CAKE.—The whites of 3 eggs with 1 teacup powdered sugar and  $\frac{1}{2}$  cup butter, 2 cups flour with 2 teaspoons baking powder; cream the butter and sugar; add the eggs; mix in flour with  $\frac{1}{2}$  cup milk and flavor. Make a frosting with the yolks of the eggs and 1 teacup pulverized sugar.  
Mrs. A. Louhead.

MARBLE CAKE.—White part: Whites of 7 eggs, 2 cups white sugar, 1 cup butter, 1 cup sweet milk, 4 cups flour, 2 teaspoons cream of tartar, 1 teaspoon soda. Dark part: Yolks of 7 eggs, 2 cups brown sugar, 1 cup molasses, 1 cup sour milk, 1 cup butter, 5 cups flour, 2 teaspoons cloves, 1 nutmeg,  $1\frac{1}{2}$  teaspoons soda.  
Mrs. A. Louhead.

JOHNNY CAKE.—1 cup flour, 2 cups cornmeal, 2 eggs,  $\frac{1}{4}$  cup sugar, butter size of an egg,  $\frac{1}{2}$  cup sweet milk, pinch salt, a little soda.  
Mrs. A. Louhead.

SPANISH BUN.—Yolks of 2 eggs, 1 cup brown sugar,  $\frac{1}{2}$  cup butter, 1 tablespoon molas-

ses, 1 teaspoon soda, 1 teaspoon cream of tartar, 2 teaspoons mixed spice,  $\frac{1}{2}$  cup sweet milk,  $1\frac{1}{2}$  cups sifted flour; make icing with whites of eggs.  
Mrs. A. Louhead.

**WATERMELON CAKE.**—White part : 2 cups white sugar, 2-3 cup butter, 2-3 cup milk, 3 cups flour, whites of 5 eggs, 1 teaspoon soda, 2 teaspoons cream of tartar. Red part : 1 cup red sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup milk, 2 cups flour, 1 cup raisins, whites of 5 eggs, 1 teaspoon soda, 2 teaspoons cream of tartar; stone and roll the raisins in powdered sugar, stir into the cake and turn into the middle of the pan and pour the white part over and around it.

**DARK CHOCOLATE CAKE.**—1 cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup milk, 2 cups flour, 2 eggs, 1 heaping teaspoon baking powder; dissolve  $1\frac{1}{2}$  squares of chocolate in 3 tablespoons boiling water and set on stove and stir until it thickens, then add 1 teaspoon vanilla; work chocolate in with butter and sugar; put boiled frosting between layers.  
Mrs. Doctor.

**GINGER BREAD.**—1 egg, 1 cup brown sugar,  $\frac{1}{2}$  cup butter, 1 cup molasses, 1 cup sour milk, 2 teaspoons ginger, 1 large teaspoon soda,  $2\frac{1}{2}$  cups flour.  
Mrs. Reed.

**CREAM PUFFS.**—1 cup boiling water poured over  $\frac{1}{2}$  cup butter; place on stove and boil; add 1 cup sifted flour and cook thoroughly stirring constantly; when cool add 3 eggs, not beaten; beat thoroughly and bake 20 minutes

in hot oven. This will make 15 puffs. Filling:  $1\frac{1}{2}$  cups milk, a little cream and butter, 2 eggs, 1 cup sugar, 1 small teaspoon cornstarch, a little salt; let boil and flavor with vanilla; fill when puffs and cream are both cold.

Mrs. Reed.

**RASPBERRY CAKE.**—2 eggs,  $\frac{1}{2}$  cup butter, 1 cup sugar, 1 teaspoon soda,  $1\frac{3}{4}$  cups flour, 1 cup raspberries or other fruit; mix in fruit when flour is partly stirred in; bake in large flat tin.

Mrs. Reed.

**GINGER SNAPS.**—Boil 2 cups molasses for 3 minutes and add to it 1 cup butter and 1 teaspoon baking powder mixed with flour sufficient to work into a smooth batter and add a teaspoon of ground ginger; work in the flour as soft as possible; the softer the better.

Miss E. Bryant.

**FRUIT CAKE.**— $4\frac{1}{2}$  cups flour,  $\frac{1}{2}$  cup butter, 2 cups each sugar, figs and raisins, 1 cup almonds, 2 tablespoons honey, 6 eggs and a pinch of salt,  $\frac{1}{2}$  cup milk, 2 teaspoons baking powder; season to taste with spices; stir well and bake in a moderate oven.

Mrs. Bastien.

**CORNSTARCH CAKES.**— $\frac{1}{2}$  lb. cornstarch, 6 ozs. sifted sugar, 5 ozs. butter, 3 eggs, 2 teaspoons baking powder; beat the butter to a cream; then add eggs, flour and baking powder.

**RAISIN CAKE.**—1 lb. flour, 1 lb. sugar, 1 lb. butter, 1 lb. raisins, 1 teaspoon baking powder, all rubbed into the flour, 5 eggs and a little milk; bake in a slow oven.



**CURD CHEESE CAKE.**—1 qt. milk, 1 tablespoon essence of rennet, 2 eggs, sugar and 1 nutmeg ; a little brandy.

**CORNSTARCH CAKE.**—1 cup flour, 1 cup cornstarch, 1 cup white sugar, whites of 4 eggs,  $\frac{1}{2}$  cup sweet milk, 1 teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon soda.  
Mrs. McGratton.

**TEA CAKES.**—1 cup sugar, 1 cup butter, 3 teaspoons bran, 1 cup flour to make a stiff batter, 1 spoon vanilla ; roll out thin ; bake in a hot oven.  
Mrs. McGratton.

**LAYER CAKE.**—Beat 2 eggs thoroughly ; add 1 cup sugar and beat ; add 1 heaping tablespoon butter ; beat thoroughly ;  $\frac{1}{2}$  cup milk (sweet), 2 cups flour, 2 heaping teaspoons baking powder ; beat all thoroughly and turn into lined dishes and bake in quick oven.

Mrs. W. S. McLeod.

**SPANISH BUN.**— $\frac{1}{2}$  cup butter, 1 cup sugar, 2 eggs,  $\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  teaspoons baking powder, 2 teaspoons cinnamon ; ice with boiled icing.

Mrs. G. H. Sherwood.

**WALNUT CAKE.**— $\frac{1}{2}$  cup boiling water, 2 eggs, 1 cup white sugar,  $\frac{1}{2}$  cup sweet milk, 2 teaspoons baking powder,  $1\frac{1}{2}$  cups flour, 1 cup chopped walnuts.

Mrs. Geo. Moth.

**ANGEL CAKE.**—Whites 10 eggs beaten very stiff, then add 1 teaspoon cream of tartar ; beat this in with whites ; have sifted  $1\frac{1}{2}$  cups granulated sugar ; add this slowly to the eggs ; 1 cup flour that has been sifted five times ; sift this

*good may use Potato  
flour if like*

carefully into the previous mixture, stirring it slowly ; last a teaspoon vanilla ; put in a pan with tube in centre ; do not butter pan ; bake in moderate oven for at least 40 minutes ; do not open door until cake has been in at least 15 minutes ; when done invert on 2 cups until perfectly cool.

Mrs. Geo. Moth.

**OATMEAL COOKIES.**—Sift 2 cups flour, 1 small teaspoon soda, 2 teaspoons cream of tartar into 4 cups of rolled oats which is previously put in mixing bowl ; add 1 cup sugar and rub in heaping cup of lard or part butter ; moisten with 1 egg beaten in a cup and filled up with milk enough to roll out ; cut in squares and bake in moderate oven.

Mrs. T. A. Alexander.

**CHOCOLATE ECLAIRS.**— $\frac{1}{2}$  cup butter, 1 cup hot water ; set it on the fire and when the mixture begins to boil put in a pint of sifted flour at once, beat and work it well with a vegetable masher until it is very smooth ; remove from the fire, and when cool add 5 well beaten eggs,  $\frac{1}{2}$  teaspoon soda and 1 teaspoon salt ; spread it in buttered pans in oblong pieces about 4 inches long and  $1\frac{1}{2}$  wide, to be laid 2 inches apart ; they must be baked in rather quick oven about 25 minutes ; as soon as baked ice with chocolate icing and split them on one side and fill with the same cream as Boston Cream Cakes.

Mrs. Wm. Grayson.

**NUT CAKE.**—1 cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk, 2 eggs,  $\frac{1}{2}$  cup flour, 2 teaspoons baking powder, 1 cup chopped raisins, and walnut.

BISCUITS.—Sift together four heaping cups flour,  $\frac{1}{2}$  teaspoon salt, 2 medium teaspoons baking soda, 2 cream tartar, rub in  $\frac{1}{2}$  cup lard ; mix soft with sweet milk or water.

JOHNNY CAKE.—2 eggs,  $\frac{1}{2}$  cup butter, 1 cup sour milk or cream, 1 cup sugar, 1 teaspoon soda, 1 cup corn meal,  $1\frac{1}{2}$  cups flour.

OATMEAL ROCKS.— $1\frac{1}{2}$  cups sugar, 2-3 cups unmelted butter, 2 eggs, well beaten ;  $\frac{3}{4}$  teaspoon soda dissolved in 3 tablespoons sweet milk,  $\frac{1}{2}$  teaspoon each cinnamon, nutmegs, cloves or any spice to suit the taste, 2 cups dry oatmeal,  $2\frac{1}{2}$  cups flour, 1 cup chopped raisins or 1 cup chopped nuts. The above makes a very stiff batter and should be dropped from the end of a spoon into floured pans ; bake in quick oven. A raisin or large nut placed in the centre before baking makes the rock look attractive.  
Mrs. Jas. Porter.

LEMON COOKIES.—Stir to a cream  $\frac{1}{2}$  cup butter, 1 cup sugar, the grated peel of 1 lemon, and the juice of 2 ; beat thoroughly and add the whipped yolks of 3 eggs ; after add the beaten whites and 2 full cups flour, or enough to make the dough that can be rolled out ; also add 2 tablespoons baking powder ; make the sheets about  $\frac{1}{8}$ -inch in thickness, and cut into cakes.

FLAT SINNEL CAKES.—Cream together  $\frac{1}{2}$  lb. butter, 1 lb. sugar, 2 eggs,  $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  lb. sultanas,  $\frac{1}{2}$  lb. currants, 1 teaspoon baking powder, 1 of ginger,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{4}$  lb.



candied peel ; roll out and cut.

Mrs. S. Spicer.

OHIO FRUIT CAKE.—1 lb. raisins, 1 lb. currants,  $\frac{1}{4}$  lb. citron, lemon and orange peel, 1 pint brown sugar, 1 cup butter, 4 eggs, 1 nutmeg, 1 tablespoon cassia, 1 teaspoon cloves and allspice, 1 cup milk, 2 teaspoons soda and 1 of cream of tartar, 5c. worth almonds.

Miss G. MacGillivray.

HOT WATER SPONGE CAKE.— $1\frac{1}{4}$  cups sugar, 4 eggs, 2 small teaspoons baking powder, 4 tablespoons hot water ; cream yolks and sugar together, then add beaten whites of eggs and flour, stir well, and add the boiling water.

Miss G. MacGillivray.

MOLASSES COOKIES.—1 cup butter, 1 cup brown sugar, 1 cup molasses, 3 eggs, 3 even teaspoons soda, 2 small teaspoons ginger, roll thick and bake in quick oven.

Miss G. MacGillivray.

NATIONAL CAKE.—White part : Cream together 1 cup white sugar and  $\frac{1}{2}$  cup butter, then add  $\frac{1}{2}$  cup sweet milk, beaten whites of 4 eggs,  $\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  teaspoons cream of tartar,  $\frac{1}{2}$  teaspoon soda, flavor with lemon. Blue part : 1 cup blue sand sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sweet milk, 4 eggs, 2 cups flour, 1 teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon soda, no flavoring. Red part : The same as above only use red sand sugar.

Mrs. W. Bates.

ORANGE JELLY CAKE.—1 cup sugar, 4 eggs,  $\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  teaspoons baking powder, 1 teaspoon salt, 1 orange, 1 tablespoon butter, grate the yellow of orange, peel off the white; beat the white of an egg, beat in 4 spoonfulls sugar; add the pulp mashed. Lay up with this and sugar top.

Mrs. W. Bates.

DARK CHOCOLATE CAKE. — 2 squares chocolate and  $\frac{1}{2}$  cup milk boiled together till creamy; while hot add three teaspoons butter,  $\frac{1}{2}$  cup more milk, yolks of 2 eggs, 1 cup sugar, 1 1-3 cups flour, 2 teaspoons baking powder; white icing for top.

Mrs. Wm. Lovel.

FRUIT CAKE.—2 cups brown sugar, 1 cup butter, 1 cup molasses, 1 cup sour milk, 3 eggs, 1 lb. raisins, 1 lb. currants,  $\frac{1}{4}$  lb. citron, 1 teaspoon each soda, cloves, ginger, cinnamon, mace, allspice, 1 nutmeg.

Mrs. Botterell.

FRUIT CAKE.—1 lb. butter, 1 lb. sugar, 6 eggs, 1 lb. raisins, 1 lb. currants,  $\frac{1}{2}$  lb. mixed peel,  $\frac{1}{2}$  lb. dates,  $\frac{1}{2}$  lb. figs,  $\frac{1}{2}$  cup molasses, 4 cups flour, 2 tablespoons mixed rice, 1 small teaspoon carbonate soda dissolved in 2-3 cup sour milk.

Mrs. Grierson.

GINGER SNAPS—1 cup molasses, 2-3 cup sugar, 1 cup shortening, 2 teaspoons mixed spice, 1 full teaspoon ginger,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon carbonate soda, 4 tablespoons cold water; flour enough to roll out.

Mrs. Grierson.

CHOCOLATE CAKE.— $1\frac{1}{2}$  cups brown sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup milk, 2 cups flour, 3 eggs, 2 teaspoons baking powder. Chocolate part: 8 tablespoons chocolate,  $\frac{1}{2}$  cup milk, 5 tablespoons sugar; cook together until like custard, then mix in cake part; then add flour and one teaspoon vanilla. Mrs. Walt. Simington.

FRUIT CAKE.—1 cup each of butter, sugar and molasses,  $\frac{1}{2}$  cup sour cream, 3 cups flour, 3 eggs, yolks and whites beaten separately; 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon each cloves and allspice,  $\frac{1}{4}$  nutmeg grated,  $\frac{1}{2}$  pint seeded raisins,  $\frac{1}{2}$  cup currants,  $\frac{1}{2}$  teaspoon soda; mix in the order named; dissolve soda in 1 tablespoon hot water and add last; bake in slow oven.

Mrs. Wm. Hannah.

DOUGHNUTS.—1 cup sugar, 1 cup sweet milk, 2 eggs, 3 tablespoons melted butter,  $\frac{1}{2}$  teaspoon soda, cinnamon and nutmeg, flour.

Mrs. D. McIsaac.

MOUNTAIN CAKE.— $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup butter, 1 cup milk,  $2\frac{1}{4}$  cups flour, 1 teaspoon soda, 2 teaspoons cream of tartar, 2 eggs, a little nutmeg.

Mrs. D. McIsaac.

SHORT BREAD.—2 cups butter, 1 cup sugar, 4 cups flour; put the flour in gradually;  $\frac{1}{2}$  cup blanched almonds if desired.

Mrs. G. H. Whitlock.

GOLD CAKE.—1 cup sugar,  $\frac{1}{2}$  cup butter, the yolks of 3 eggs and one whole egg,  $\frac{1}{2}$  cup of milk,  $\frac{1}{4}$  teaspoon each of soda and cream of



tartar,  $1\frac{3}{4}$  cups flour; mix the butter and sugar together, then add the eggs, and so on. A white frosting is good with this cake.

Mrs. Jas. MacAllister.

**BOSTON CAKE.**—Beat to a cream 1 cup butter, 3 cups sugar; then add 1 cup of cream or milk, 6 well beaten eggs, 4 cups sifted flour,  $\frac{1}{2}$  lb. currants, 1 teaspoon soda dissolved in 1 tablespoon of milk. Bake in a moderate oven.

Mrs. Jas. MacAllister.

**MARBLE CAKE.**—Light part: 1 cup white sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup milk, whites of 3 eggs, 2 cups prepared flour. Dark part:  $\frac{1}{2}$  cup of brown sugar,  $\frac{1}{4}$  cup butter,  $\frac{1}{2}$  cup molasses,  $\frac{1}{4}$  cup milk,  $\frac{1}{2}$  nutmeg, 1 teaspoon cinnamon  $\frac{1}{2}$  teaspoon allspice,  $\frac{1}{2}$  teaspoon soda, 2 cups flour, yolks of 3 eggs. Fill the pan with alternate spoonfulls of light and dark batter.

Mrs. Jas. MacAllister.

**SHORT BREAD.**—2 cups fresh butter or salt butter well washed,  $1\frac{1}{2}$  cups brown sugar, stir the butter and sugar to a cream, then add sufficient flour to make a stiff dough; roll out and cut in squares. Bake as cookies.

Mrs. Fred. Williams.

**FRUIT CAKE.**—1 lb. pulverized sugar,  $\frac{1}{2}$  lb. butter,  $\frac{1}{4}$  lb. mixed peel,  $\frac{1}{2}$  oz. cream of tartar,  $\frac{1}{2}$  oz. soda, 3 lbs. seedless raisins, 1 pint of milk and  $\frac{1}{2}$  dozen eggs.

Mrs. F. Williams.

**PRINCE OF WALES CAKE.**—Dark part: 1 cup brown sugar,  $\frac{1}{2}$  cup butter, 1 cup sour

milk, 2 cups flour, 1 cup chopped raisins, 1 teaspoon soda, 1 tablespoon molasses, 1 tablespoon each of cinnamon, nutmeg and cloves, yolks of 3 eggs. White part: 1 cup flour,  $\frac{1}{2}$  cup cornstarch,  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{2}$  cup butter, 1 cup white sugar, 1 teaspoon baking powder, the whites of 3 eggs; bake both parts like jelly cake making two layers of each. Mrs. Fletcher.

TIP-TOP CAKE.—2 cups butter, 1 cup sugar, 1 cup sweet milk, 4 cups flour, 6 eggs.

Miss L. Walker.

ROLLED JELLY CAKE.—4 eggs, 1 cup sugar, 1 cup flour, 2 teaspoons baking powder; beat very lightly.

Mrs. Neil McMillan.

SCOTCH CAKES.— $1\frac{3}{4}$  cups rolled brown sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup lard, put in a bowl and cream, mix stiff enough to roll with sifted flour.

Mrs. Bastein.

GINGER BREAD.—1 cup molasses,  $\frac{1}{2}$  cup sugar, 1 egg,  $\frac{1}{2}$  cup butter, 2 teaspoons ginger,  $1\frac{1}{2}$  teaspoons soda dissolved in 1 cup boiling water; 3 cups flour; sift the flour.

Mary A. Alexander.

BRAN MUFFINS.—1 egg,  $\frac{1}{2}$  cup sugar, 1 tablespoon butter, 1 cup sour milk, 1 teaspoon soda,  $1\frac{1}{2}$  cups bran,  $1\frac{1}{2}$  cups flour; bake in muffin rings.

Mary A. Alexander.

DOUGHNUTS.—1 egg, 1 tablespoon butter, 2 tablespoons sugar, a pinch of salt, 1 cup sweet milk, 2 teaspoons baking powder, flour enough

to make a soft dough ; cook in boiling lard.

Mrs. W. Alexander.

OATMEAL CAKE.—3 cups oatmeal, 3 cups flour, 1 cup sugar, 1 cup shortening,  $\frac{1}{2}$  cup warm water, 1 small teaspoon soda, 1 small teaspoon salt.

BROWN GEORGE.— $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup warm water, 2 cups flour, 1 egg, butter size of an egg, 1 teaspoon soda, 1 teaspoon cream of tartar ; bake in jelly tins ; spread with caramel icing.

Mrs. G. W. V.

RASPBERRY CAKE.—2 eggs, 1 cup brown sugar, 1 tablespoon buttermilk,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  nutmeg, 1 spoon cinnamon,  $\frac{1}{2}$  of cloves (ground), 1 teaspoon soda, 1 cup of raspberries (don't drain) ; bake in a slow oven. Icing :  $\frac{1}{2}$  cup milk, 1 cup sugar, 1 tablespoonful butter ; boil for about fifteen minutes.

HICKORY OR WALNUT CAKE.—2 cups fine white sugar creamed with half a cup of butter, 3 eggs, 2-3 cup sweet milk, 3 cups sifted flour, 1 heaping teaspoon baking powder sifted through the flour, a tablespoon (level) of powdered mace, a coffee-cup of hickory nuts or walnuts meats chopped a little. Fill the cake pans with a layer of the cake, then a layer of raisins upon that, then strew over these a handful of nuts, and so on, until the pan is two-thirds full. Line the tins with buttered paper and bake in a steady oven.

Mrs. E. H. Cooke.

SPICE CAKE.—1 large cup brown sugar, 1



cup butter, 4 eggs (keep out whites of 2 for icing), 1 large cup sour milk, 1 teaspoon baking soda, dissolved in 1 dessert spoon hot water; 1 tablespoon mixed spice,  $\frac{1}{2}$  teaspoon nutmeg, 1 teaspoon extract lemon,  $2\frac{1}{2}$  cups flour; beat well. For icing: Whites of 2 eggs; beat to a stiff froth; 2 tablespoons granulated sugar; spread on cake and put in oven to brown. This is a cake I make often, and I think you will find it satisfactory.

Mrs. J. Brass.

DATE PUFFS.—2 cups rolled oats, 1 lb. dates,  $1\frac{1}{2}$  cups flour,  $\frac{1}{4}$  cup butter,  $\frac{1}{2}$  cup lard, 1 heaping teaspoon baking powder, 3 tablespoons brown sugar, a pinch of salt, and as much sweet milk as will mix so as to roll very thin. Stone dates and stew in a little water till soft, then place between layers; bake rather quickly.

Mrs. Binning.

BOSTON CAKE.—Beat to a cream: 1 teacup butter, 3 cups sugar; then add: 1 cup cream, 6 well beaten eggs, 4 teacups sifted flour, a little salt,  $\frac{1}{2}$  lb. currants, 1 teaspoon soda dissolved in one tablespoon milk; bake in a moderate oven.

OATMEAL COOKIES.— $2\frac{1}{2}$  cups Standard oatmeal,  $2\frac{1}{4}$  cups flour, 1 cup brown sugar,  $1\frac{1}{2}$  teaspoons cinnamon. Mix with those: 1 cup butter, 1 teaspoon soda, 1 teaspoon cream of tartar dissolved in a very little sweet milk; 2 eggs, well beaten; roll out thin and bake.

Mrs. Sutherland.

NUT CAKE.—1 cup white sugar,  $\frac{1}{2}$  cup but-

ter, 2 eggs,  $\frac{1}{2}$  cup sweet milk,  $1\frac{1}{2}$  cups flour, 2 teaspoons baking powder, 1 large cup chopped baked.  
Mrs. Sutherland.

WHITE FRUIT CAKE.—Whites of 4 eggs, raisins, 1 large cup chopped walnuts ; frost when  $\frac{1}{2}$  cup butter, 1 cup granulated sugar,  $1\frac{1}{2}$  cups flour, 1 teaspoon Dr. Price's baking powder, 2 oz. citron peel, cut fine, 4 ozs. almonds cut fine, 1 cup cocoanut ; beat butter and sugar to a cream ; add the well beaten whites of the eggs ; then the flour, carefully sifted with the baking powder ; lastly the fruit ; bake 40 minutes in a moderate oven.  
Mrs. J. U. Munns.

MA'S CHRISTMAS CAKE.—4 cups sugar, 3 cups butter, 2 cups molasses, 2 cups sweet milk, 10 eggs, 2 teaspoons soda, 2 teaspoons cinnamon, 2 teaspoons cloves and allspice, 2 nutmegs, 8 full cups flour, 3 lbs. raisins, 3 cups currants, 2 lbs. mixed peel, 1 lb. almonds (blanched) ; bake in a slow oven.

Mrs. J. U. Munns.

GOOD CHEAP CHEESE CAKE.— $\frac{1}{4}$  lb. butter,  $\frac{1}{4}$  lb. sugar, 1 egg boiled hard and chopped very fine, 1 egg beaten up with a little brandy, and a few currants, essence of almonds to taste ; mix all up together with a fork.

Mrs. Moth.

SOFT GINGER BREAD.—2 well beaten eggs, 1 cup molasses,  $\frac{1}{2}$  teacup lard,  $\frac{1}{2}$  cup butter, 1 tablespoon ginger, 1 teaspoon cream of tartar, 1 teaspoon soda dissolved in  $\frac{1}{2}$  teacup of

milk,  $\frac{1}{2}$  teaspoon salt, 3 cups flour ; bake slowly for  $\frac{1}{2}$  an hour. Mrs. Jas. MacAllister.

DOUGHNUTS.—2 cups sweet cream,  $1\frac{1}{2}$  cups sugar, 1 small teaspoon soda,  $\frac{1}{2}$  teaspoon salt ; flavor to taste ; mix soft ; roll  $\frac{1}{2}$ -inch thick ; cut with doughnut cutter ; fry in lard.

Mrs. Jas. MacAllister.

CREAM TEA CAKES.—2 cups light brown sugar dissolved in 3 cups sweet cream ; flour to stiffen, in which 3 teaspoons baking powder has been well sifted ; mix with a spoon handle the dough lightly ; roll out ; cut in squares with a sharp knife and bake in a quick oven a light brown. Delicious biscuits white and flaky.

Mrs. M. J. Scott.

NUT CAKE.— $1\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup butter, creamed ;  $\frac{1}{2}$  cup milk,  $2\frac{1}{4}$  cups flour, 1 teaspoon baking powder, 1 teaspoon vanilla, 1 cup chopped walnuts, and lastly, the beaten whites of 5 eggs.

Mrs. E. Benson.

EGGLESS CAKE.— $\frac{1}{2}$  cup butter, 1 cup white sugar 1 cup sour milk, 1 scant teaspoon soda, 2 cups Hungarian flour, 1 cup raisins, seeded and chopped ; spices to taste.

PLAIN FRUIT CAKE.— $\frac{1}{2}$  lb. well washed currants,  $\frac{1}{2}$  lb. raisins, 1 cup butter beaten to a cream, 1 cup white sugar, 1 cup milk, 3 cups Hungarian flour, 3 eggs and 3 teaspoons baking powder ; bake one hour.

THE DIXIE DORA ALMOND CAKE.—Beat 1 teacup sugar with  $\frac{1}{2}$  teacup milk, sift 2 tea-



spoons Hungarian flour with a teaspoon White Star baking powder, add the whites of 4 eggs, and 1 lb. blanchèd almonds, chopped fine.

ANGELIQUE LAYER CAKE.—2 cups sugar, 1 cup butter, 1 cup sweet milk, 3 cups Hungarian flour, whites of 5 eggs, 2 teaspoons White Star baking powder ; flavor with vanilla.

GINGER COOKIES.—3 eggs, 1 cup brown sugar, 1 cup molasses, 1 teaspoon soda, 1 tablespoon ginger, 2 cups flour ; rise over night.

JELLY CAKE.—3 eggs, 1 cup sugar, 1 cup sweet cream,  $1\frac{1}{2}$  cups flour, 2 teaspoons baking powder ; bake quickly in jelly tins.

Mrs. Fred. McFarlane.

ROLLED JELLY CAKE.—Beat 3 eggs very light and add 1 teacup of fine sugar, and 2 tablespoons water, a pinch of salt. Lastly stir in gradually a teacup flour sifted with 1 heaped teaspoon baking powder ; bake in long, shallow biscuit tins, well greased ; turn out on a damp towel on a bread board ; cover top with jelly and roll up immediately. Mrs. W. E. Seaborn.

WEDDING CAKE.— $2\frac{1}{2}$  lbs. butter, 3 lbs. sugar, 20 eggs, 4 lbs. raisins, 5 lbs. currants, 2 lbs. mixed peel, 2 lbs. flour, 1 lb. almonds, 2 nutmegs. Half of sugar to be New Orleans; flour to sifted mace as much in bulk as the nutmegs ; 15 drops of oil of lemon to  $\frac{1}{2}$  cup alcohol ; every kind of spice to taste ; 2 teaspoons baking soda.

Mrs. J. R. Sparrow.

JELL CAKE AND LOAF CAKE TOGETH-

ER.—6 eggs,  $2\frac{1}{2}$  cups sugar, 1 cup butter, 1 cup milk, flour to make a stiff dough, flavoring to taste ; 3 teaspoons baking powder.

Mrs. J. R. Sparrow.

SPANISH BUN.—2 cups brown sugar,  $\frac{1}{2}$  cup butter, 4 eggs, 1 cup sweet milk 1 tablespoon cinnamon and allspice,  $\frac{1}{2}$  teaspoon cloves and a little nutmeg, 2 teaspoons baking powder.

Mrs. J. R. Sparrow.

PORK CAKE.—1 cup sugar, 2 cups fat pork chopped fine ; pour 1 cup boiling water over the pork ; 1 cup seeded raisins, 1 cup currants, 1 lb. walnuts chopped fine, 1 teaspoon each of cinnamon, cloves and allspice, 1 cup molasses with 1 tablespoon soda dissolved in it ; stir in flour enough for a stiff batter and bake in a slow oven.

Mrs. W. H. Scribner.

CHOCOLATE CAKE.—1 cup sugar,  $\frac{1}{2}$  cup butter, beat well together, then add yolks of 2 eggs,  $\frac{1}{2}$  cup milk, 1 oz. melted chocolate, then 2 cups flour, 2 tablespoons baking powder ; sift well together and add last. The whites of the eggs may be added or reserved for icing.

Edna Foster.

DELICATE CAKE.— $\frac{1}{2}$  cup butter, 1 cup granulated sugar, beat well together ; then add  $\frac{1}{2}$  cup milk, 1 teaspoon almond flavoring,  $\frac{1}{2}$  teaspoon salt ; then add 1 cup flour,  $\frac{1}{2}$  cup cornstarch, 2 teaspoons baking powder sifted well together ; beat whites of 3 eggs stiff and stir in last.

Edna Foster.

GINGER CAKES.—2 cups buttermilk, 2 cups sugar,  $\frac{3}{4}$  cup lard, 2 teaspoons soda, 1 tablespoon of ground ginger, salt and flour enough to roll out to about 2 inches thick.

Mrs. H. Gould.

SCOTCH SHORT BREAD.—2 lbs. flour, 1 lb. butter, 1 lb. powdered sugar.

Mrs. N. Forsyth.

SOFT GINGER BREAD.—6 cups flour, 1 cup butter, 1 cup milk, sweet or sour, 2 cups molasses, 1 cup brown sugar, 3 eggs, 1 tablespoon soda dissolved in milk. This makes a very large cake.

Mrs. N. Forsyth.

GINGER COOKIES.—1 egg, 1 cup brown sugar, 2 teaspoons ginger, 1 teaspoon mixed spice, 2 teaspoons soda, 2 teaspoons vinegar, 1 cup molasses, flour enough to make stiff; butter pans well and bake in quick oven.

Mrs. N. Forsyth.

OATMEAL COOKIES.—3 cups oatmeal, 3 cups flour,  $\frac{3}{4}$  cup butter or lard,  $\frac{1}{2}$  cup brown sugar,  $\frac{3}{4}$  cups boiling water, 1 teaspoon soda, 1 teaspoon cream of tartar; roll thin and cook in quick oven.

Mrs. N. Forsyth.



# JAMS.

VEGETABLE MARROW JAM.—6 lbs. marrow, 6 lbs. loaf sugar, 3 lemons,  $1\frac{1}{2}$  oz. bottle essence of ginger ; cut the marrow in two ; take seeds out and peel ; cut into small pieces about an inch thick ; boil slowly over an hour, then add juice of lemons and rind ; boil slowly for 20 minutes ; add essence of ginger before sealing.

Mrs. Erwin.

TO CRYSTALIZE FRUIT.—Pick out the finest of any kind of fruit ; leave in the stones ; beat the whites of three eggs to a stiff froth ; lay the fruit in the beaten egg, with the stems upward ; drain them and beat the part that drips off again ; select them out one by one, and dig them into a cupful of fine powdered sugar ; cover a pan with a sheet of fine paper, place the fruit on it, and set in a cool oven ; when the icing on the fruit becomes firm, pile them on a dish, and set in a cool place.

CRAB APPLE PRESERVES.—Core the apples with a sharp pen-knife, leaving stems on ; take 1 lb. white sugar for every pound of prepared fruit, and 1 cup cold water to the pound ; put over a moderate fire, let dissolve and boil ; skim and drop apples in ; let them boil gently until clear and skin begins to break ; skim out, boil syrup until thick, put the fruit in jars and pour the syrup over it.

PINEAPPLE.—Pare the pineapple and take out the eyes, then pick it into pieces with a silver fork ; weigh it after picking it apart, and to every pound allow  $\frac{3}{4}$  pound of sugar ; put fruit and sugar in a porcelain-lined kettle and cook over a moderate fire for 15 minutes ; can while boiling hot.

QUINCE HONEY.—1 cup grated quince, 1 cup sugar, 1 cup water ; boil until it is thick as honey when dropped from a spoon.

LEMON MARMALADE.—6 lemons sliced thin removing the seeds ; to each pound of sliced fruit allow 3 pints cold water ; let stand for 24 hours, then boil till the chips are tender ; pour into an earthenware bowl and let stand till next day ; then weigh it, and to every pound of boiled pulp allow one pound sugar. Boil the whole till the syrup jellies. Mrs. R. Martin.

ORANGE MARMALADE.—Take 1 dozen oranges, and 3 lemons, slice very thin using pulp and rind, but removing the seeds ; to 1 lb. of sliced fruit add 3 pints cold water ; let stand 24 hours, then boil until rind is tender ; let stand another 24 hours, weigh this, and to each pound add  $1\frac{1}{4}$  lbs. white sugar ; boil until syrup jellies and rind is transparent, generally 1 hour. Mrs. D. Marlatt.

ORANGE MARMALADE.—1 dozen bitter oranges,  $\frac{1}{2}$  dozen sweet oranges,  $\frac{1}{2}$  dozen lemons, 4 quarts water, 8 lbs. white sugar ; cut the orange peel fine, or put through a fine food chopper ; soak all for 48 hours in the water ; tie the

pipe in a thin muslin bag and boil with the fruit for 2 hours ; remove and add the sugar ; boil till it jellies.

Mrs. D. R. Drever.

ORANGE JELLY.—Grate the peel of 1 orange and pour over it 1 pint of boiling water. when cool add the juice of 4 oranges, 2 cups sugar, 1 box gelatine dissolved in a pint of boiling water ; strain and put into a mold.

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# PRESERVES AND JELLIES

**CITRON PRESERVES.**—Remove peel and seeds from citron, cut in small squares, put 1 bowl sugar to 2 of citron, add sliced lemons to taste, let stand over night in crock, put on to cook in morning, and boil till clear.

Mrs. Garrett.

**TOMATO JELLY.**—Heat 1 can tomatoes and strain through fine strainer. To 1 can tomatoes, add  $1\frac{1}{2}$  tablespoons gelatine; cook; add salt, pepper and cayenne; put in mold; serve on lettuce.

Mrs. J. Erratt.

**FRUIT JELLY.**—1 pint clear fruit juice, 1 orange, 1 banana, 1 slice pineapple, 18 grapes, 2 peaches, 12 raisins, 1 tablespoon raspberries, canned or fresh; 1 tablespoon strawberries.

Mrs. L. A. Mapes.

**CITRON PRESERVES.**—Cut into thin slices peel and take out the seeds, then cut in small pieces and parboil in water till nearly soft, drain off the water and add 1 lb. granulated sugar to 1 lb. citron, 1 piece of root ginger, lemon to taste; boil slowly till perfectly clear. Mrs. Reed.

**ORANGE MARMALADE.**—Cut the oranges in half and slice them very thin and pulp together, taking out the seeds. To each pound of fruit add three pints of cold water and let this

stand for twenty four hours. Then boil it altogether until the chips are tender, allow this to stand until next day, and then weigh. To every pound of boiled fruit add one and a half pounds of sugar. Boil the whole until it jellies, this may take an hour. Allow two lemons to each dozen of oranges.

Mrs. J. H. Grayson.

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# PICKLES.

*Peter Piper picked a peck of pickled peppers.*

**MUSTARD PICKLES.**—Cut up two quarts of cucumbers, onions, beans and cauliflowers. Put them in layers, sprinkle them with salt and let stand over night; in the morning drain off the brine, add 1 quart of water and 2 quarts of vinegar,  $\frac{1}{4}$  lb. mustard, a teaspoon cayenne and 2 teaspoons tumeric; simmer for three hours.

Mrs. J. H. Laird.

**SWEET PICKLED APPLES.**—Peel and quarter 7 lbs. sweet apples, heat together 4 lbs. brown sugar and one quart of vinegar, add 1 oz cloves and the apples, simmer gently until done.

Mrs. J. H. Laird.

**CHUTNEY SAUCE.**—3 quarts apples, 5 quarts tomatoes,  $\frac{3}{4}$  lb. salt,  $2\frac{1}{2}$  lbs. brown sugar,  $\frac{1}{2}$  lb. raisins, 3 ozs. garlic, 3 large onions, 3 oz. grated allspice,  $\frac{1}{2}$  oz. cayenne pepper,  $1\frac{1}{2}$  grated nutmegs, 4 lemons, 5 oz. brown ginger,  $4\frac{1}{2}$  quarts vinegar; boil three hours then strain and bottle while hot.

**CHILI SAUCE.**—1 basket tomatoes, 8 large onions, 3 cups gr. sugar, 4 cups vinegar, 5 tablespoons of salt, five teaspoons ground spice, black pepper and some whole mixed spices tied in cloth; boil all slowly for three hours and bottle while hot.



**PICKLED CHERRIES.**—4 lbs. pitted cherries, 2 lbs. sugar, 1 tablespoon cinnamon, cloves, and whole spice, 1 pint vinegar; put cherries in crock then heat vinegar etc. and pour over the cherries three days in succession using same vinegar etc. each time. Delicious with cold meat.

**MUSTARD PICKLES.**—1 quart large cucumbers, 1 quart small cucumbers, 2 quarts small onions, 4 heads cauliflower, 6 green peppers, 1 gal. vinegar, 1 lb. mustard, 3 cups white sugar,  $\frac{3}{4}$  tablespoons tumeric. Put all the vegetables in salted water over night; cook except large cucumbers in the brine water until tender, then drain; cook vinegar and spices until it thickens then pour over the vegetables; these may be kept in an open vessel.

**MUSTARD CATSUP.**—To one gal. tomatoes add one quart vinegar, 1 lb. sugar,  $\frac{1}{2}$  lb. mustard, 1 oz. whole black pepper, 1 oz. cloves, 1 oz. allspice, 2 red peppers,  $\frac{1}{2}$  lb. salt; boil all for 2 hours and seal tight while hot.

**PICKLED EGGS.**—Have the eggs hard boiled and after removing the shells put them in pickled beet juice until the whites become colored, cut lengthwise and serve as a relish

Mrs. W. C. Goudie.

**FRENCH MUSTARD.**—1 cup milk, or sweet cream,  $\frac{1}{2}$  cup mustard, 2 eggs, 1 teaspoonful butter, 1 teaspoonful sugar, 1 teaspoonful salt; mix all together and cook over water, when thick add 1 cup vinegar. Mrs. W. C. Goudie.

**MUSTARD FOR TABLE.**— $\frac{1}{2}$  cup vinegar, put on to boil, butter the size of a walnut, 1 teaspoonful salt, 1 tablespoon brown sugar,  $\frac{1}{2}$  cup mustard, mix with a little cold vinegar, boil a few minutes stirring constantly.

**CHOW CHOW.**—1 gal. green tomatoes chopped fine, 2 gals. cabbage chopped fine, 1 cup salt, 1 gal. of good vinegar; cook together until done; then add while still hot  $\frac{1}{2}$  oz. ground cloves,  $2\frac{1}{2}$  ozs. cinnamon,  $\frac{1}{4}$  lb. mustard seed (white), 1 lb. brown sugar; stir well together and put in jars, don't need any pressing and will keep for months Measure cabbage and tomatoes after chopping.

Mrs. Erratt.

**CHUTNEY SAUCE.**—18 ripe, red, peeled tomatoes, 18 large tart apples, 1 lb. brown sugar, 1 lb. raisins,  $\frac{1}{2}$  lb. onions, 2 tablespoons mustard, 1 small teaspoon cayenne,  $\frac{1}{2}$  cup salt, 2 pints good vinegar; chop tomatoes and apples, raisins and onions fine, add all to vinegar and boil for 1 hour.

Mrs. C. B. White.

**FRENCH PICKLE.**—Slice and sprinkle with salt 1 peck green tomatoes and 12 large onions; leave over night; wash off and put in kettle with 1 quart Malt vinegar and 2 lbs. yellow sugar, 1 tablespoon curry powder, 1 tablespoon tumeric, 2 teaspoons ground allspice, 2 teaspoons mustard, 2 teaspoons cinnamon; boil ten minutes and seal while hot.

Mrs. J. Kipp.

**MUSHROOM CATSUP.**—To each peck of mushrooms,  $\frac{1}{2}$  lb. salt; to each quart,  $\frac{1}{4}$  oz. cayenne,  $\frac{1}{2}$  oz. allspice,  $\frac{1}{2}$  oz. ginger, a small tea-

spoon powdered mace. Choose full grown mushrooms, flaps fresh gathered in tolerably dry weather; put a layer of them in a deep pan and sprinkle salt over them then another layer of mushrooms, and so on; let these remain for 4 hours, then break them up with the hands, put them in a cool place for three days, occasionally stirring and mashing them to extract the juice; ascertain the quantity of liquor without straining and allow to each quart the above proportion of spice etc. Put all into a stone jar, cover up closely, put in a small saucepan of boiling water, set over the fire and boil for 3 hours; turn the contents of the jar into a clean stew pan and simmer for  $\frac{1}{2}$  hour; pour into a jug and stand in a cool place till next day. Then pour off into another jug and strain into very dry, clean bottles; do not squeeze the mushrooms. To each pint of catsup add a few drops of brandy; be careful not to shake the contents but leave all the sediment behind in the jug; cork well and seal or resin the cork; the catsup should be examined occasionally after it has been put up and if it is spoiling it should be reboiled with a few peppercorns.

Mrs. W. G. Bull.

CHILI SAUCE.—2 doz. ripe tomatoes, 6 large onions, 10 red peppers, (less if very hot),  $1\frac{1}{2}$  cups sugar,  $1\frac{1}{2}$  pints vinegar, heaping tablespoon salt; chop all fine and boil till it thickens; bottle carefully, spice to taste.

Mrs. Con. Cauty.

CHUTNEY—A good home-made chutney can be made of 2 lbs. sour apples,  $1\frac{1}{2}$  lbs. tomatoes,



2 lbs. raisins, 2 lbs. brown sugar, 1 lb. salt, 4 ozs. ginger, 4 ozs. cayenne,  $1\frac{1}{2}$  ozs. garlic, 2 ozs. shallots,  $3\frac{1}{2}$  quarts vinegar, peel and core the apples and tomatoes then pound all the ingredients separately in a mortar, then mix the whole together, add the vinegar, stir well, place it in an earthenware jar and keep in warm corner of the kitchen, stir daily for a week, then strain but do not squeeze dry; bottle the liquor and put the rest away in jars.  
Mrs. Cresswell.

PICKLED CABBAGE.—Cut off all the bad leaves of the cabbage, cut it into quarters, then cut in thin pieces, put on large dish and sprinkle with salt; leave the dish tipped up to drain the water off till the next day. Then put in a jar, boil the vinegar mixed with the pickling spice, leave it to get cold, then pour over the cabbage and tie down; ready for use in a few weeks.

Mrs. Cresswell.

CHINESE CHOWDER.—Add to rice well boiled in water, when cold, chinese preserved ginger chopped fine, sufficient to taste; serve on platter and garnish with cream whipped very stiff and flavored with preserved strawberry or raspberry.

Miss Millar.

RIPE CUCUMBER PICKLES.—Take large ripe cucumbers, cut in pieces, cook slightly with a little salt in the water, drain, put in a jar, prepare a vinegar as follows: 2 lbs. sugar to 2 quarts vinegar, a few slices of onion, some red pepper, whole allspice, cloves and a little cinnamon.  
Mrs. F. Lawrence.

**TOMATO CHUTNEY.**—6 lbs. tomatoes, 1 lb. sugar,  $\frac{1}{2}$  lb. each of almonds and raisins, 1 pint vinegar, 2 ozs. each of chillies, garlic and green ginger; peel tomatoes and slice the almonds, garlic and ginger fine, the latter as fine as possible; the chillies must be ground with a little vinegar, cooked to a jelly in an enamelled pan, put salt to taste and bottle when quite cold.

Mrs. D. R. Drever.

**CABBAGE PICKLES.**—1 gal. cabbage chopped fine, 1 quart onions chopped fine,  $\frac{1}{2}$  pint peppers, or a little red pepper, 4 tablespoons of ground mustard, 2 tablespoons ginger, 1 tablespoon cloves, 1 tablespoon tumeric,  $\frac{1}{2}$  oz. celery seed, 2 lbs. brown sugar, 1 cup salt,  $\frac{1}{2}$  gal. wine vinegar; mix well and boil 20 minutes.

Mrs. W. G. Bull.

**PLUM CHUTNEY.**—3 lbs. plums, 1 lb. apples, 1 lb. sugar, 1 pint white wine vinegar, 2 ozs. green ginger root, salt and cloves to taste, 1 teaspoon cayenne and 2 large onions; mince all these ingredients and boil 2 hours slowly. Green tomatoes or quinces may be used instead of plums if desired. This is very nice to use on cold meats.

Mrs. E. C. Crystall.

**BEET PICKLES.**—1 quart beets chopped fine, 1 quart cabbage chopped fine, 1 cup sugar, 1 cup horseradish, salt and pepper; cover with cold vinegar.

Mrs. B. Holdsworth.

**PICKLED GREEN TOMATOES.**—1 peck green tomatoes, slice the tomatoes and sprinkle thoroughly with salt; cover them and let stand

for one day, next day drain off the liquor; place in a kettle over fire with 1 dozen large onions (sliced); put tomatoes and onions in alternate layers and between each layer sprinkle the following spices, 6 red peppers coarsely chopped, 2 cups sugar, 1 teaspoon ground allspice, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 tablespoon mustard; pour over whole 3 pints of vinegar.

Mrs. Geo. Perry.

**SWEET TOMATO PICKLES.**— $3\frac{1}{2}$  lbs. tomatoes,  $1\frac{3}{4}$  lbs. sugar,  $\frac{1}{2}$  oz. each cinnamon, mace and mixed cloves, 1 pint vinegar; peel the tomatoes sticking the cloves into them, put all together in a stew pan and stew for an hour; when done put in sealers and pour the hot syrup over them and seal.

Mrs. W. Rowell.

**TOMATO CHOWDER.**—Slice 1 bushel tomatoes, 1 peck onions rather fine, a sprinkle of salt; let stand over night and drain. Scarcely cover with vinegar and let boil two hours; then add 1 tablespoon each of allspice, cinnamon, ground cloves and pepper, 2 lbs. sugar,  $\frac{1}{4}$  lb. mustard well mixed together and boil 10 minutes longer.

Mrs. F. A. Kent.

**CHILI SAUCE.**—30 large tomatoes, 10 large onions, 20 tablespoons sugar, 5 red peppers, 5 tablespoons salt, 2 teaspoons each of cinnamon and cloves, 10 cups vinegar; chop all together and cook till onions are tender.

Mrs. Fletcher.

**RIPE TOMATO PICKLE.**—To 7 lbs. of ripe tomatoes add 3 lbs. sugar, 1 quart vinegar; boil them together 15 minutes; skim off the tomatoes



and boil the syrup a few minutes longer. Spice to suit the taste with cloves and cinnamon.

Mrs. Fletcher.

**BENGAL CHUTNEY.**—1 lb. brown sugar,  $\frac{1}{4}$  lb. salt,  $\frac{1}{4}$  lb. mustard,  $\frac{1}{2}$  pound seed,  $\frac{1}{2}$  lb. raisins,  $\frac{1}{4}$  oz. cayenne, 13 large sour apples, 3 cans tomatoes, 1 quart vinegar; peel apples, chop raisins fine and boil all together until thick, keep air tight; will be fit for use in 2 weeks.

Mrs. J. K. Stevenson.

**TOMATO BUTTER.**—4 tins tomatoes (3 lbs) 1 quart vinegar, 3 lbs. gr. sugar, 1 tablespoon each cinnamon and cloves,  $\frac{1}{2}$  teaspoon cayenne; boil slowly three hours. Put spice in bag and take out before butter gets too dark.

Mrs. Stevenson.

**SPICED TOMATOES.**—Peel and slice 7 lbs. ripe tomatoes; put in a granite kettle 3 pounds brown sugar, 1 pint vinegar,  $\frac{1}{2}$  teaspoon cloves, the same of allspice, pepper salt and cinnamon; boil slowly 2 hours, and stir often enough to prevent scorching; turn into glass jars and seal.

Mrs. Trick.

**DATE CHUTNEY.**—3 lbs. dates, 1 lb. apples,  $\frac{1}{2}$  lb. brown sugar, 1 quart vinegar, an onion, 1 teaspoon salt, cayenne and pepper to taste; split the dates, remove stones, boil the onion in a pint of vinegar 20 minutes, then add the other ingredients and stir till smooth; put in a jar and tie down.

Mrs. F. W. Johnston.

**CHOW CHOW.**—1 gal. cabbage chopped fine,

$\frac{1}{2}$  gal. tomatoes, scant  $\frac{1}{2}$  gal. onions, 1 cup salt; put on over night and in the morning put  $\frac{1}{2}$  gal. vinegar, 4 cups brown sugar, 1 oz. tumeric powder, 1 oz. celery seed, 2 tablespoons ginger, 4 of mustard, 1 of cloves and  $\frac{1}{2}$  tablespoon red pepper.

Mrs. M. J. Boyer.

SWEET TOMATO PICKLES.—4 lbs. ripe tomatoes, 2 lbs. brown sugar,  $\frac{1}{2}$  oz. cinnamon sticks,  $\frac{1}{2}$  oz. cloves; cook for 25 minutes, skim out tomato, boil syrup down, turn into jars and seal.

Mrs. J. McClelland.

SWEET TOMATO PICKLES.—1 quart ripe tomatoes, 1 pint sweet apples chopped fine,  $\frac{1}{2}$  pint onion chopped, 1 large cup dark sugar, a little salt and mixed spices, vinegar enough to scald.

Mrs. Jas. Campbell.

PICKLED PLUMS.—To 7 lbs. plums take 4 lbs. sugar and 2 oz. each cinnamon stick and cloves, 1 quart vinegar, and a little mace; put in the jar first a layer of plums, then a layer of spices; scald the vinegar and sugar together and pour over the plums and when the jar is full scald all together. Ready for use at once.

Miss E. Bryant.

CHILI SAUCE.—30 large ripe tomatoes peeled and sliced, 2 large heads of celery, 4 large red peppers, 10 large onions, 5 tablespoons salt, 15 tablespoons white sugar, 7 cups vinegar; chop fine and boil  $1\frac{3}{4}$  hours.

Mrs. F. Doctor.

CAULIFLOWER PICKLE.—Break cauliflower into small pieces and put into a brine, (table-

spoon salt to a qt. of water); let stand 24 hours drain off and steam for  $\frac{1}{2}$  hour and it is ready for dressing. Dressing: 2 qts. vinegar, add six tablespoons mustard,  $1\frac{1}{2}$  cups brown sugar,  $\frac{1}{2}$  cup flour,  $\frac{1}{2}$  oz. tumeric; boil all together for 5 minutes, pour over pickles. The dressing should be the consistency of thick cream when cold, if not add more flour and boil up again.

Mrs. N. Bellamy.

**GREEN TOMATO PICKLES.**—Cut half peck green tomatoes and 6 large onions into thin slices; let them remain in salt and water over night, then pour off the brine and put in preserving kettle, with 4 tablespoons sugar 4 tablespoons mustard, 2 teaspoons ground cloves, 2 teaspoons cinnamon, 1 teaspoon cayenne pepper, 1 teaspoon curry powder; let simmer for 1 hour.

Mrs. W. Lovel.

**MUSTARD PICKLES.**—To one gallon vinegar add four ounces mustard seed, 11 tablespoons salt, 2 tablespoons curry powder, three tablespoons ginger root, one tumeric,  $\frac{1}{8}$  cayenne pods.

Mrs. Wm. Forsythe, Caron.

**CHUTNEY PICKLES.**—30 ripe tomatoes, 12 apples, 10 onions, one pint vinegar, 6 red peppers, 16 tablespoons sugar, 10 tablespoons salt. Cut apples and onions up; mix all together and boil till well cooked.

Mrs. Wm. Forsythe, Caron.

**MUSTARD PICKLES.**—Two quarts small cucumbers, 2 quarts large cucumbers cut in pieces, two quarts onions, 3 large heads cauliflower



6 green peppers sliced in strips,  $\frac{1}{2}$  lb. mustard, 1 ounce tumeric, 2 cups brown sugar, 2 cups flour. Soak the vegetables over night in a brine, drain off and cook slightly in the vinegar. Take them from the vinegar, then add to it the flour, sugar, mustard and tumeric. When this has boiled, pour it over the vegetables. About a gallon of vinegar is required for this amount of vegetables.

MOTHER'S FAVORITE PICKLES.—1 qt. chopped beets,  $1\frac{1}{2}$  cups chopped cabbage,  $1\frac{1}{2}$  cups brown sugar, 1 tablespoon salt, 1 tablespoon black pepper,  $\frac{1}{4}$  teaspoon cayenne pepper, 1 cup grated horseradish. Cover with cold vinegar and keep from air. Mrs. W. J. Binning.

WHITE LILY PICKLES.—12 large ripe cucumbers, 8 large onions, peel, slice and sprinkle a little salt over and let stand for one hour, then drain the water off. Put them in a kettle, add one tablespoon mustard,  $\frac{1}{2}$  tablespoon tumeric, 1 teacup gran. sugar. Cover with vinegar and boil. M. A. Alexander.

TOMATO CHUTNEY.—4 quarts green tomatoes, 2 quarts vinegar, 6 pounds green apples  $\frac{3}{4}$  lbs. salt,  $\frac{3}{4}$  lbs. raisins, 4 lemons,  $2\frac{1}{2}$  lbs. brown sugar, 5 oz. ground ginger, 3 onions, 3 nutmegs 5 oz. ground alspice. Cook and strain and bottle for use. Mrs. A. H. Woolf.

## BEVERAGES.

ORANGE SYRUP.—To every quart of orange juice put 3 lbs. white sugar, let it dissolve. Stir it every day and skim it as long as the scum rises and then bottle it and put a little brandy on top.

RHUBARB WINE.—Take leaves off rhubarb and wipe it with a wet cloth, put in a large wooden tub and bruise it well with a rolling pin. When reduced to a pulp weigh it and to every 5 lbs. add 1 gallon of cold water. Let stand 3 days stirring several times each day and on the 4th press the pulp through a hair sieve. Put the liquor into a tub and to every gallon add three lbs. of sugar stirring till dissolved, then add to every gallon the rind of the lemon. Let it remain in the tub and in from 4 to 6 days the fermentation will begin to subside and a crust will be formed which should be skimmed off. Put the liquor in a cask and in a fortnight stop it down with isinglass  $\frac{1}{2}$  an oz. to the gal. Take care the cask is full. In 9 or 10 months bottle and in another few months the wine will be ready for use.

LEMON SYRUP.—2 lbs. white sugar, 1 oz. citric acid,  $\frac{1}{2}$  drachm of essence of lemon, 2 pints water. Boil the sugar and water for 15 minutes put in a basin to get cold. Pound the citric acid, mix the essence of lemon with it then add

the syrup and bottle. (2 tablespoonfuls to a glass of water).

**GINGER POP.**— $5\frac{1}{2}$  gal. water,  $\frac{1}{4}$  lb. bruised ginger root,  $\frac{1}{2}$  oz. tartaric acid,  $2\frac{1}{2}$  lbs. white sugar, whites of three eggs well beaten, 1 teaspoon lemon oil, 1 gill yeast. Boil the root for 30 minutes in 1 gal. of the water, strain off and put the oil in while hot. Mix well. Make over night and in the morning skim and bottle keeping out sediments.

**SPANISH GINGERETTE.**—To each gallon of water put 1 lb. of white sugar,  $\frac{1}{2}$  oz. bruised ginger root,  $\frac{1}{4}$  oz. cream of tartar and 2 lemons sliced. In making 5 gallons, boil the ginger and lemons 10 minutes in 2 gallons water, the sugar and cream of tartar to be dissolved in cold water. Mix all and add  $\frac{1}{2}$  a pint of good yeast. Let it ferment and bottle after straining in the morning.

**SHAM CHAMPAGNE,** (a Temperance Drink)  
—1 oz. tartaric acid, 1 large lemon, 1 oz. ginger root,  $1\frac{1}{2}$  lbs white sugar,  $2\frac{1}{2}$  gallons of water, 1 gill of yeast. Slice lemon and bruise ginger, mix all except yeast, boil the water and pour it over them and let stand until cooled to blood heat, then add yeast and let it stand in the sun all day. At night bottle tying the corks and in two days it will be fit for use.

**LEMON SYRUP.**— Squeeze the lemons, strain the juice carefully lest any pulp should remain; to one pint of juice add 2 lb. of sugar, set it away till completely dissolved stirring it oc-



asionally, then bottle. One or two teaspoonsful of this syrup stirred into a glass of water makes a delicious lemonade. Mrs. H. Gould.

**BARLEY WATER.**—Wash thoroughly 2 oz. pearl barley in cold water, add 2 qts. boiling water and boil till reduced to 1 qt. or about 2 hrs. stirring frequently; strain, add the juice of a lemon sweetened. For infants, omit the lemon. Mrs. Fleming.

**RASPBERRY VINEGAR.**—Take 9 quarts of raspberries; wash and cover with vinegar, and let stand 24 hours; strain out juice and add one pint sugar to each pint of juice; boil 15 minutes and bottle tightly. Mrs. Mair.

**BEEF BROTH.**—Cut some pieces of lean beef into small pieces, cover with cold water and boil till meat comes to pieces, then strain through a colander and let the broth stand until cold; take off any particles of fat on top, season with salt and pepper and add small squares of toasted bread. Mrs. Black.

**ORANGE WATER ICE.**—Add a tablespoon gelatine to  $\frac{1}{2}$  pint of water and let stand twenty minutes and add  $\frac{1}{2}$  pint boiling water; stir until dissolved and add 4 ozs. powdered sugar, the strained juice of 6 oranges and cold water enough to make a full quart in all; stir until the sugar is dissolved, pour into the freezing can and freeze. Mrs. Wm. Grayson.

**FOR INVALIDS—BLACKBERRY CORDIAL.**—Warm and squeeze the berries, add to 1

pint juice, 1 lb. white sugar,  $\frac{1}{2}$  oz. ground cinnamon,  $\frac{1}{4}$  oz. mace, 2 teaspoons cloves; boil all together for  $\frac{1}{4}$  hour; strain the syrup (if the spice is put in small muslin bags it will not require to be strained) and to each pint add 1 wineglass brandy. Dose: 1 tablespoon. Good for diarrhoea.  
Mrs. G. Moth.

COUGH MIXTURE.—Equal parts glycerine and paregoric. Dose: 1 teaspoon when the cough is troublesome.  
Miss R. Morrison.

LEMON SYRUP.—2 oz. citric acid, 1 oz. tartaric acid,  $\frac{1}{2}$  oz. epsom salts, 5 lbs. white sugar, 3 pints boiling water, the juice and grated rinds of 6 lemons; put the sugar and acids into a good granite pot then pour on the boiling water and then add the lemons; when all is dissolved and cold, strain through muslin and bottle.

Mrs. D. Marlatt.

CREAM NECTAR.—Melt  $1\frac{1}{2}$  lbs. white sugar in a pint of boiling water till dissolved, mix in 1 oz. tartaric acid; take off to cool, flavor to taste, stir in the whites of 2 eggs well beaten, strain and bottle. Two tablespoons to  $\frac{3}{4}$  glass of water and a little soda.  
Mrs. F. A. Kent.

BOSTON CREAM.—4 lbs. white sugar, 5 qts. water; boil till it thickens and add 4 ozs. tartaric acid, the whites of 6 eggs; beat to a stiff froth and serve when cold.

Mrs. Fletcher.

HOP BEER.—To 5 gals. water take  $\frac{1}{2}$  lb.

hops, 3 lbs. sugar, 1 yeast cake; boil sugar and hops in part of the water, then strain; when luke warm put yeast cake in and let it stand over night in crock and then skim and put into a barrel with remainder of the water, having it air tight; keep in a warm place 24 hours.

Mrs. J. T. Brightmore.

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# CANDIES.

*"Sweets to the sweet."*—*Shakespeare.*

EVERTON TAFFY.—Take 1 lb. best quality brown sugar, 1 oz. butter,  $\frac{1}{2}$  wineglass water; let sugar and water boil till they become a smooth thick syrup; add three drops of lemon essence, stirring briskly. Pour in the buttered pans. To tell when taffy is ready for pans: drop a drop of the syrup into cold water and if it sinks to the bottom and hardens it is cooked.

Mrs. R. E. Plaxton.

MAPLE CREAM CANDY.—3 cups brown sugar,  $\frac{1}{2}$  cup cream or milk; when it boils add a dessert spoon butter, let it boil 15 minutes stirring just before taking off the fire. Put in 1 table spoon vanilla, remove from fire and beat briskly for 5 minutes; butter your plates.

Mrs. F. W. Johnston.

MAPLE CREAM.—5 cups brown sugar, two cups sweet milk, butter the size of 2 eggs, vanilla flavoring and nuts if desired.

Mrs. J. Erratt.

TORONTO KISS RECIPE.—Dissolve half a dozen glances in a well of silence. Dust in a small quantity of resistance and two of yielding. Place on a flushed cheek or two lips. Flavor with a slight scream and set aside to cool.

G. E. MacPherson.

FUDGE.—2 cups sugar,  $\frac{1}{2}$  cup milk, 2 teaspoons butter, 2 teaspoons cocoa or grated chocolate, 2-3 teaspoon vanilla, boil until it hardens in ice water, stir briskly for a minute, and turn into buttered pans; when slightly cold mark into squares.

Miss Hilma Peterson.

MAPLE CREAM CANDY.—2 lbs. brown sugar,  $\frac{1}{2}$  lb. almonds blanched and cut in pieces,  $\frac{1}{2}$  pint sweet cream, boil sugar and cream together until it forms a firm ball, when dropped into a little cold water, add nuts and beat until cold or firm enough to spread on buttered tins.

Miss R. Morrison.

FUDGE.—3 cups gr. sugar, 1 cup milk, a half cake bakers' chocolate, butter size of an egg, cook until it hardens in cold water, then remove from stove, stir hard for a minute or two, adding a little vanilla extract, pour in a flat buttered pan and cut in squares before it hardens.

Mrs. Doctor.

KISSES.—3 whites of eggs beaten stiff, 1 cup white sugar; put in a double boiler and stir till cooked, then add 2 tablespoons cornstarch, and 2 cups cocoanut, flavor to taste; drop on buttered paper and bake. To make five dozen kisses.

Mrs. J. F. Richards.

TAFFY—4 cups brown sugar, a piece of butter the size of an egg, 1 tablespoon vinegar; add a drop of water as you stir it. Miss L. Walker.

CHOCOLATE CARAMELS.—1 cup sugar, 1 cup molasses, 1 cup milk,  $\frac{1}{2}$  lb. butter, 1 bar of

chocolate. Put molasses, sugar and part of milk on to boil. Take remainder of milk and chocolate and heat until melted, then add to molasses. Add butter last and boil until it hardens quickly when a few drops are put in a cup of cold water. It is then done and should be lifted quickly. Turn into a greased pan and when partly cool, mark into squares with a dull knife. Stand in a cool dry place to harden.

CREAM WALNUTS.—Beat the white of one egg with a tablespoonful of water, adding gradually 1 lb. confectioners' sugar. Flavor with  $\frac{1}{2}$  teaspoonful of flavoring, knead the mass to the consistency of dough, mould into balls the size of marbles, press a walnut on either side and lay on greased paper to harden.

COCOANUT CANDY.—Boil 2 lbs. sugar in 1 cup of cocoanut milk for ten minutes. Add the whole grated cocoanut and then boil five minutes. Pour in pans and cut in squares.

SHELLBARK TAFFY.—Stir well together 2 cups granulated sugar and  $\frac{1}{2}$  cup water until dissolved, set over fire and add 3 tablespoonfuls vinegar; do not stir after putting on stove. Boil to the crack, and then having a layer of nuts in pan, pour over them just enough syrup to cover them.

LEMON DROPS.—Upon a cupful of finely powdered sugar pour just enough lemon juice to dissolve it and boil until brittle when dropped in cold water. Drop this on buttered plates in drops; set away to cool and harden.



BUTTER-SCOTCH.—3 cupfuls sugar,  $\frac{1}{2}$  cupful water,  $\frac{1}{2}$  cupful vinegar. Stir before putting on the stove but not after. When partly done add 3 large teaspoonfuls butter. Just before taking from the stove stir in  $\frac{1}{2}$  teaspoonful soda dissolved in a few drops of hot water. When cool enough to handle pull until white.

NAUGAT.—Grease a square hollow pan well with butter. Fill with hickory-nut kernels, Brazilian nuts cut in slices, almonds, cocoanut cut in thin slices, dates, and a few bits of candied orange peel or any nuts you have, cut up fine. Boil 2 lbs. sugar and 1 cupful water together without stirring after the sugar melts until it hardens and becomes brittle when dropped into water; then add 3 teaspoonfuls lemon juice, and pour into the pans over the nuts. Mark out with a knife into squares when nearly cold.

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## MISCELLANEOUS.

PEACH FOAM.—Whites of 2 eggs, beaten very stiff, 1 cup powdered sugar, 1 cup chopped peaches.  
Mrs. G. Moth.

WELSH SOUFFLEE.—1 oz. gelatine, 1 pint milk, 3 or 4 eggs, 3 ozs. sugar, 3 lemons, grate the rind of the lemon taking care not to grate any of the pith, put the milk and sugar into a saucepan, and let dissolve over the fire, dissolve gelatine in a little warm water, put the yolks and gelatine into the milk, taking care that the milk is not so hot that it will curdle the eggs, stir the mixture over the fire so that the eggs will cook, but do not let it boil, add lemon rind, beat the whites of the eggs stiff; when the mixture is a little cool stir them in lightly; put into a mold and when cold turn out and add some fruit or burnt almonds.

FOR A COLD.—Five cents worth each of peppermint, anise seed, laudanum and paregoric, 1 pint blackstrap, 1 pint boiling water; mix the blackstrap and water and when cold put in the drugs.  
Mrs. W. G. Bull.

BEEF ESSENCE.—Mince finely a lb. of lean juicy beef from which all fat has been removed; put into a wide mouthed bottle or fruit jar and cork tightly, set the jar into a kettle of cold water over a slow fire and let boil for three

hours; strain and season with salt and red pepper.  
Mrs. Fleming.

OATMEAL GRUEL.—Boil 1 tablespoon of oatmeal in a pint of water for  $\frac{3}{4}$  hours, then put it through a strainer; if too thick reduce with boiling water to the desired consistency; season with salt.  
Mrs. Fleming.

EGGNOGG.—Beat up 1 egg with a tablespoon of sugar; stir into this a cup of fresh milk, an oz. of sherry or  $\frac{1}{2}$  oz. brandy and a little nutmeg.  
Mrs. Fleming.

BANANA CREAM.—Peel 5 large bananas, pound them and add 5 ozs. sugar or 5 tablespoons, beat  $\frac{1}{2}$  pint cream to a stiff froth, mix well with the pounded fruit, and add  $\frac{1}{2}$  oz. gelatine previously dissolved in cold milk, have it luke warm, stir quickly and turn into a mold, serve with whipped cream.

Mrs. T. A. Alexander.

BANANA CREAM.—1 cup milk, 1 level table spoon sugar, 1 egg, pinch of salt, 2 bananas, 6 lady fingers,  $\frac{1}{2}$  pint whipped cream whipped to stiff froth, slice bananas lay in glass dish in alternate layers with 4 lady fingers split into, make a custard of recipe given above, let cool and pour over bananas, let stand about an hour then cover top with whipped cream split into remaining lady fingers and place upright around edge of dish and serve.

COTTAGE PUDDING.—1 tablespoon butter, 2 eggs, 1 cup sugar,  $\frac{1}{2}$  cup milk, large teaspoon



baking powder,  $1\frac{1}{2}$  cups flour; beat the butter, sugar and yolks of eggs together until light; add the milk and then the flour; beat well; now beat the whites of the eggs to a stiff froth and stir them carefully into the pudding; add the baking powder and mix well; pour into a greased cake pan and bake in moderate oven for  $\frac{3}{4}$  hour; serve with hot lemon sauce.

Mrs. Willoughby.

HUSBANDS. — A good many husbands are utterly spoiled by mismanagement. Some women go about it as though their husbands were balloons and blow them up; others keep them constantly in hot water, while others let them freeze by indifference and carelessness. Some keep them in a stew by irritating ways and words; others roast them; others keep them in pickle all their lives. It cannot be supposed that any husband will be tender and good if managed in this way, but they are really delicious when properly treated. In selecting your husband do not go to market for him, as the best are always brought to your door. It is far better to have none unless you will patiently learn how to govern him. See that the linen in which you wrap him is properly washed and mended, with the required number of buttons and strings tightly sewed on. Tie him in the kettle by a strong silk cord called "comfort" as the one called "duty" is apt to be weak. They are apt to fall out of the kettle and to be burned and crusty on the edges, since, like crabs and lobsters, you have to cook them while alive.

If he sputters and fusses, do not be anxious as some husbands do this until they are done. Add a little sugar in the form of what confectioners call kisses, but no vinegar or pepper on any account. A little spice improves them but it must be used with judgment. (Cooking School Recipe).

Mrs. McIntosh.

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## KITCHEN RULES.

4 teaspoons of liquid 1 tablespoon.

4 tablespoons of liquid,  $\frac{1}{2}$  gill,  $\frac{1}{4}$  cup or 1 wineglass.

1 tablespoon of liquid  $\frac{1}{2}$  oz.

1 pint liquid 1 pound.

2 gills liquid 1 cup or  $\frac{1}{2}$  pint.

1 kitchen cup  $\frac{1}{2}$  pint.

1 heaping qt. sifted flour 1 lb.

4 cups flour 1 qt. or 1 lb.

1 rounded teaspoon flour  $\frac{1}{2}$  oz.

3 cups corn meal 1 lb.

$1\frac{1}{2}$  pints corn meal 1 lb.

1 cup butter  $\frac{1}{2}$  lb.

1 pint butter 1 lb.

1 tablespoon butter 1 oz.

Butter the size of an egg 2 ozs.

Butter the size of a walnut 1 oz.

1 solid pint chopped meat 1 lb.

10 eggs 1 pound.

A dash of pepper  $\frac{1}{2}$  teaspoon or three good shakes.

2 cups gr. sugar 1 lb. or 1 pint.

$2\frac{1}{2}$  cups powdered sugar 1 lb.

1 pint brown sugar 13 ozs.

(Philadelphia cook book, Mrs. Rorer, Mrs. Willoughby.)



## TIME TABLE.

Boil potatoes 30 minutes, bake potatoes 45 minutes, boil sweet potatoes 45 minutes, bake sweet potatoes 1 hour, boil squash 25 minutes, bake squash 45 minutes, boil green peas 20 to 40 minutes, boil shell beans  $\frac{1}{2}$  to 1 hour, boil string beans 1 hour, boil green corn 20 minutes to 1 hour, asparagus 15 to 30 minutes, spinnach one to two, hours, canned tomatoes 30 minutes, fresh tomatoes 1 hour, cabbage 45 minutes to 2 hours, cauliflower 1 to 2 hours, onions 1 to 2 hours, beets 1 to 3 hours, turnips  $\frac{3}{4}$  to  $1\frac{1}{2}$  hours, parsnips and carrots  $\frac{3}{4}$  to 1 hour.

Mrs. W. C. Goudie.

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